The Big Book of Curry Recipes

by

Dyfed Lloyd Evans

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Introduction.

Introduction to Curries

The world of 'curry' is a huge one. Indeed, the term has expanded dramatically from its use to describe various dishes with a spice base (whether dry or with a gravy) cooked in the Indian sub-continent (primarily India, Pakistan, Bangladesh and Sri Lanka).

Indeed, today the term 'curry' (in the West at least) is used to denote a huge range of dishes typically derived from Indian, Pakistani, Bangladeshi, Sri Lankan, Thai and other South-East Asian cuisines that typically employ a combination of spices and herbs for flavouring and which also, frequently contain fresh or dried hot chillies.

The term 'curry' is commonly believed to be an anglicized form of the Tamil word *kari*, literally meaning 'sauce', but which is typically understood to mean vegetables and/or meat cooked with spices with or without a gravy. This type of cooking was first encountered in the mid 17th century by members of the British East India Company trading with Tamil merchants along the Coromandel Coast of southeast India. They became familiar with a spice blend used for cooking these dishes called *kari podi* (curry powder). It should be noted however, that the traditional pot cooking these dishes is known as a **karhai.**

Indian traders brought these cooking techniques to East Africa and curries are now an integral part of Swahili cuisine. Indians also brought curries to Malaysia and Singapore. When the British brought Malays to work in South Africa they also brought their curries with them. There are also large Indian populations in the Caribbean and curries of various kinds are popular on many of the islands.

Of course, we all know the story of the Tikka Masala, the cream-based curry invented in Britain and then there is Coronation Chicken. Elsewhere the idea of a 'curry powder' has been re-invented for local tastes and local ingredients (particularly in South Africa and West Africa) so there are native 'curries' emerging there.

It should be noted, though, that the 'curry powder' that denotes the commercial powder sold

in the West today is not an authentic Indian notion. Though curry powders (masalas) are made in India, they are always made at home from a blend of whole spices. Indeed, the curry powder as we know it was invented in the 18th century by Indian merchants who sold it for sale to members of the British Colonial Army returning to Britain. This led to the evolution of curry powders in Victorian London which were heavy on turmeric and which sought to capture the essence of those powders brought back by the colonial soldiers who demanded the Anglo-Indian food they had become accustomed to when they returned to Britain. This led to famous curry powders such as 'Col White's' being sold on the mass market.

Origins and Spread of Curries

Archaeological evidence (from 2600 BCE) suggests that even in prehistoric times dishes of highly-spiced meats were prepared by the inhabitants of the Indus Valley. Mortars have been found that were used to pound spices that included mustard seeds, fennel, cumin and tamarind seeds. The writings of the Vedic Period (1700 to 500 BCE) also indicate that these dishes continued to be prepared.

During the 7th century CE, Buddhist monks took the spiced dishes of India eastwards to Burma, Thailand and as far as China. At about the same period, coastal traders (particularly those plying the spice trade) carried the style of cooking eastwards to Indonesia and the Philippines and westwards to East Africa.

During the 16th century, the Mughal Empire was established in northern India and the Muslim rulers brought with them Persian spices and Islamic cooking practices that transformed the earlier Indian styles of cookery.

The Portuguese established a trading post in Goa in the early 16th century and they brought with them their own cooking practices (particularly pork dishes) and, more importantly, they introduced chillies to the Indian sub-continent.

Curries began to establish themselves as part of British cuisine from the mix 18th century, with the establishment of the Raj. This Indian cooking style became popular in Britain and by now has established itself as a staple of British cookery. Indeed, curry styles invented in Britain are now making their way to India.

It was also the British who introduced curry as a cooking style in Japan.

During the 19th century, curry was brought to the Caribbean by indentured Indian workers who were transported there to work on the sugar plantations.

Since the 1970s curry, as a style of cooking has become popular worldwide indeed, it is a cornerstone of modern 'Fusion' cookery.

About this Book:

The core of this book is about traditional curries and curry powders, also Indian and Pakistani starters, breads and side dishes, everything you need for an authentic meal. But I am an inveterate collector of recipes from around the world and I travel to Africa often, so there is a large collection of African curries here.

I have also collected some of the recipes and secrets from Indian restaurants and present

these restaurant-style curries in this book as well. In addition, there are several dishes from east and Southeast Asia that also fall into the 'curry' category (most particularly Thai dishes).

The real secret of curries, of course, lies in the spices. And the aroma and flavour of spices are dependent on various aromatic compounds and essential oils found within them. Wherever possible buy fresh spices. If you cannot do so then by whole spices and grind them at home as you need them (whole spices retain their aroma profile much, much, better than pre-ground). Pre-ground spices may be very convenient, but because they have been rendered to a fine powder, they lose their subtle aromas very quickly.

For the most part, I have tried to keep these recipes to spices that are easily obtained, or at least can be bought on-line from specialist suppliers. However, in preparing this book I have amended that condition a little — after all, I live in a small northern town and even my local supermarket now has fresh turmeric, a range of chillies and fresh curry leaves available.

In Britain, the first recorded curry recipe comes from Hannah Glasse's 1747 volume: *The Art of Cookery made Plain and Easy* and I include that recipe in this volume. Eliza Acton in her 1845 book, *Modern Cookery* also had a number of curry recipes and I include them here. Her curry recipes led to game (particularly game fowl) recipes being popular in Anglo-Indian cookery (pheasants and peacocks are native to India) and I include on of those recipes for leftover game birds in this volume.

In India, curries are typically cooked in a double-handed steel pan similar to a wok called a 'karhai'. You could substitute a wok, a skillet or a large stockpot.

I started collecting curry recipes in the 1980s when I moved to London. Since then, I have still been collecting and cooking curry recipes. I also have a passion for historic recipes, so that the recipes given here, though mostly traditional Indian and Pakistani dishes recipes from the 1890s to the 1920s that are classic examples of Anglo-Indian cookery are also represented. 'Curry' is a broad church and this book aims to show the whole spectrum of the art.

I have also been collecting recipes from restaurants, so this book also gives you some of the methods and tricks involved in making restaurant-style curries. But the book is not just about curries. After all a curry is part of a meal, so you will also get recipes here for flatbreads and pancakes, rice dishes, pickles, chutneys and sambals as well as traditional drinks that typically accompany a curry meat. Basically everything you need to prepare the curry itself as well as all those dishes that accompany curies so that you can prepare a whole meal.

Curries, particularly in North India and Pakistan are typically cooked in a cast-iron dish known as a karahi (see image above), which is similar in shape to a wok, only having two handles to carry it. These can be lidded, or un-lidded (to allow for slow simmering).

This is a big book, with almost 500 recipes from across the globe detailed. Where alternates or variants are possible, these are detailed in the main recipe, so that you can actually cook quite a few more dishes than the basic 500. The first chapters cover the classic curries of India, Pakistan, Sri Lanka and Bangladesh along with chutneys, breads, accompaniments and drinks. Following this are chapters covering curries from elsewhere in the world. The final two chapters are classic historic curries and methods for cooking restaurant-style curries. So you get the whole world of curries in a single volume.

Unless otherwise indicated, the recipes presented here are enough for 4–6 people.

Starters, in the European sense (particularly soups) are not really a part of Indian cuisines. Indeed, it was the British, who wanted meals served as they were at home, who introduced the idea of a dish before the main meal into Indian cookery. As a result it's hard to find dishes that could be classed as a soup or a starter from the Indian sub-Continent. However, there are a few such dishes and a selection of them is collected here.

Amb Halad Ka Shorba (Zedoary Soup)

Amb Halad Ka Shorba (Zedoary Soup) is a traditional Indian recipe for a soup dish of mixed vegetables that's flavoured with Zedoary root (a relative of ginger).

Ingredients:

6 tbsp fine (French) beans finely chopped
6 tbsp carrots finely chopped
6 tbsp peas
6 tbsp sweetcorn
4 tbsp sunflower oil
2 onions finely chopped
6 tbsp blanched, skinned and chopped tomatoes
1 tsp sugar

4 tbsp red wine vinegar
4 tbsp coriander leaves
1 tsp zedoary finely chopped
salt to taste

Method:

Bring some 600ml (2 1/2 cups) water to the boil, add the vegetables, reduce to a simmer and cook until they are done but remain firm. Reserve these and the cooking liquid and set aside.

Meanwhile add oil to a separate pan and fry the onion until they are golden in colour. Add the tomatoes and sugar and continue cooking until the tomatoes become soft and mushy. Add the vegetables to the tomato mixture along with the reserved broth, the vinegar, the chopped coriander leaves and the zedoary. Bring to the boil and immediately take off the heat. Serve immediately.

Kokam Soup

Kokam Soup is a traditional Indian recipe for a spiced soup made with kokam (kokum) fruit. The full recipe is presented here and I hope you enjoy this classic Indian version of: Kokam Soup.

This dish is a traditional Ayuravedic soup intended as a starter to increase appetite or as a digestif after the meal.

Ingredients:

9 dried kokam fruit [mangosteen] (or 20 pieces of kokum rind)
2 tbsp ghee
900ml (3 3/4 cups) water
1 tbsp coriander leaves, chopped
4 curry leaves
1/2 tbsp cumin seeds
1/4 tsp ground cinnamon
4 whole cloves
2 tbsp chickpea flour
2 bay leaves
1/2 tsp salt
2 large pinches black pepper
1 tbsp palm sugar (or Demerara sugar)

Method:

Soak the kokam fruit in 250ml (1 cup) of water for 20 minutes, ensuring that you squeeze the fruit (or rind) several times to extract as much flavour as possible. Discard the kokum when done.

Heat a dry frying pan and toast the cumin and cloves until they release their flavour. Transfer to a pestle and mortar or coffee grinder and reduce to a fine powder. Meanwhile heat a saucepan and add the ghee. Once the ghee is hot add the ground spices, curry leaves, coriander

and bay leaves. Cook for a minute then add the fruit water and 400ml (1 2/3 cups) water. Mix the chickpea flour with the remaining 250ml (1 cup) of water then add this to the soup.

Stirring continuously to prevent lumps, add the black pepper, salt and palm sugar. Still stirring, boil gently for five minutes. Serve immediately.

Cholay Chaat (Chickpea Salad)

Cholay Chaat (Chickpea Salad) is a traditional Pakistani recipe for a classic mixed salad of potatoes, coriander, chickpeas and chillies flavoured with chaat masala and tamarind chutney.

Ingredients:

900g (2 lb) cooked chickpeas (tinned is fine)
1 large potato
2 tbsp fresh coriander leaves, chopped
1 green chilli, finely sliced
2 tbsp Chaat Masala
3 tbsp tamarind chutney
1/4 onion, diced
1 tomato, diced
salt, to taste

Method:

Add the potato to a pan of boiling water and cook until soft (about 35 minutes). Remove from the pan, set aside until you can handle then cook and cube.

Combine all the ingredients in a large bowl and mix thoroughly. Taste and add more chaat masala and/or tamarind chutney, if desired

Chicken Chaat

Chicken Chaat (Chicken Snacks) is a traditional Pakistani recipe for a classic dish of fried, spiced, chicken pieces that can be served either as a starter or as a snack.

Ingredients:

1 boneless chicken breast
1 tsp salt (or to taste)
3 garlic cloves, finely chopped
2 tbsp cooking oil
1 1/2 tsp ground coriander seeds
1/4 tsp ground turmeric
1/4 tsp hot chilli powder
1 1/2 tbsp lemon juice
a few fresh coriander leaves, chopped, for garnish
salt, to taste

Method:

Wash the chicken and pat dry then cut into 3cm pieces. Heat the oil in a wok or frying pan then add the garlic and salt and fry until the garlic is lightly brown (about 3 minutes). Add the chicken pieces and fry for about 5 minutes, or until the chicken is cooked through, stirring constantly. Add the coriander, turmeric and chilli powder and continue frying for about 4 minutes more, stirring frequently.

Remove from the heat, transfer to a serving dish and garnish with the lemon juice and chopped coriander leaves.

Hareesa

Hareesa is a traditional North Indian recipe for a classic Arabic-influenced soup of lamb and whole wheat served with a garnish of spiced clarified butter. The full recipe is presented here and I hope you enjoy this classic Indian version of: Hareesa.

This is an Indian version of a lamb/mutton soup/stew that's common to the entire Arabic world from North Africa, through East Africa, the Arabian Peninsula, Pakistan and Northern India. The dish is called Harees in Arabic and is known as Boko-Boko on East Africa.

Ingredients:

1kg (2 lb) lamb or mutton meat, diced
25g (1 oz) basmati rice
50g (2 oz) wheat grains (soaked over night and chopped)
25g (1 oz) green lentils
50g (2 oz) onion, copped
3 tsp freshly-ground black peppercorns
1 tsp garlic, minced
salt, to taste
oil to fry
1 onion, sliced
50g (2 oz) ghee (clarified butter)
1/4 tsp ground cinnamon
1 tsp ground cumin
6 green cardamom seeds

Method:

Boil the rice and lentils in a pan of lightly salted water for about 25 minutes (or until tender) then drain and set aside.

Add a little oil to a pan and use to fry the onions and garlic for 2 minutes before adding the meat. Cook for 3 minutes, stirring frequently then add just enough water to cover the meat. Bring to a boil, reduce to a low simmer then cook for about 90 minutes, or until the meat is tender.

Remove the meat with a slotted spoon and pound to a paste with a pestle and mortar (or use a food processor). Return the meat paste to the pan along with the chopped wheat. Return to a boil, reduce to a simmer and cook gently for about 30 minutes, or until the wheat is completely soft. Add the rice and lentil mix to the pan, season with the black pepper and cook for 20 minutes more.

Add the ghee to a pan and use to fry the onion until well-browned (about 10 minutes) then stir-in the cinnamon, cumin and cardamom and fry for 2 minutes more. Turn the meat mixture into a bowl, top with the fried onion mixture (and the oil) and serve.

Cream of Carrot Soup

Cream of Carrot Soup is a traditional Sri Lankan recipe for a classic soup of carrots and red onions in a milk-based sauce flavoured with celery and thickened with an egg yolk.

Ingredients:

225g (1/2 lb) carrots, washed and peeled
2 tsp cornflour (cornstarch)
4 red onions, finely chopped
500ml (2 cups) coconut milk
1 egg yolk, beaten
2 tsp celery, finely chopped
2 tsp butter
salt and black pepper, to taste

Method:

Chop the carrots and place in a pan. Cover with water then bring to a boil. Reduce to a simmer, cover and cook for about 30 minutes, or until tender.

Transfer the carrots and 250ml (1 cup) of their cooking liquid to a blender or liquidizer and process to a smooth purée. Meanwhile, melt the butter in a pan and use to fry the onions until soft and transparent (about 6 minutes). Now stir-in the carrot purée along with the coconut milk. Whisk the cornflour to a slurry with 2 tbsp water and add this to the pan as well. Whisk to combine then bring the mixture to a boil.

Add the celery and immediately take the pan off the heat, allow to cool for a few minutes then whisk-in the beaten egg yolk. Flavour with salt and black pepper and ladle into warmed soup bowls.

Gujarati Carrot Salad

Gujarati Carrot Salad is a traditional Indian recipe for a classic salad of grated carrots flavoured with black mustard seeds served in a lemon juice vinaigrette dressing.

Ingredients:

5 medium carrots, peeled and grated
1 tbsp whole black mustard seeds
1/4 tsp sea salt
2 tsp lemon juice
2 tbsp extra-virgin olive oil

Method:

Combine the grated carrots with the salt in a bowl, toss to combine and set aside. Heat the

oil in a small, heavy-based pan over medium heat. When very hot add the mustard seeds. As soon as the seeds begin to pop (it should only take a few seconds) take the oil off the heat then pour over the carrots.

Add the lemon juice and toss to combine. Allow to cool to room temperature (or chill in the refrigerator) and serve.

Motor Chaat (Dried Peas Chaat)

Motor Chaat (Dried Peas Chaat) is a traditional Pakistani recipe for a classic starter of dried peas that are boiled until tender and served with yoghurt, tamarind sauce chutney and garam masala.

Ingredients:

300g (10 oz) dried whole peas
1/2 tsp baking powder
dash of asafoetida powder
tamarind sauce chutney
yoghurt
garam masala

Method:

Place the peas in a bowl, cover with water and set aside to soak over night. Drain the peas, transfer to a pan then add the baking powder and asafoetida. Pour over just enough water to cover the peas then bring to a boil, reduce to a simmer and cook over medium heat for about 20 minutes, or until tender.

Drain the water and divide the peas into individual servings. Add a spoonful of the tamarind sauce chutney, a tablespoon of yoghurt and a dusting of garam masala over each serving.

Pyaaz ka Soup (Onion Soup)

Pyaaz ka Soup (Onion Soup) is a traditional Pakistani recipe for a classic soup of onion cooked in vegetable stock thickened with breadcrumbs and flour that's finished with cream.

Ingredients:

2 large onion, coarsely chopped
3 tbsp ghee
1 tbsp plain flour
crumbs from slices of bread
2 tsp salt
1/2 tsp freshly-ground black pepper
600ml (2 1/2 cups) water
2 vegetable bouillon cubes
5 tbsp double cream

Method:

Heat the ghee in a pan, add the onions and fry for about 8 minutes, or until golden. Now scatter the flour over the top and stir in to combine. Stir in the breadcrumbs then season with salt and black pepper.

Whisk in the water until smooth then stir in the vegetable bouillon cubes. Bring to a simmer and cook for 20 minutes. Ladle into warmed soup bowls, add a swirl of cream and serve.

Samish Mirchi Soup (Mulligatawny Soup)

Samish Mirchi Soup (Mulligatawny Soup) is a traditional Indian recipe for a classic soup of mutton in a meat stock and coconut milk base flavoured with curry paste and onions.

Mulligatawny (literally 'pepper water') soup is an Anglo-Indian creation of the British Raj; created when the British demanded a soup from a cuisine that had never created one before. The result is excellent and well-worth making. Of course, like all such creations the Indian and British versions of the soup diverged. I have several British versions on this site, both modern and Victorian and this recipe redresses the balance, giving a classic Indian version of the soup.

Ingredients:

450g (1 lb) mutton, cut into small pieces
750ml (3 cups) water
1 tsp salt
1 tbsp ghee
1 large onion, chopped
2 garlic cloves, chopped
300ml (1 1/4 cup) meat stock
80ml (1/3 cup) coconut milk
fresh lemon juice, to garnish
lemon wedges, to garnish

For the Curry Paste:

3cm (1 in) length of fresh ginger, peeled
1 tsp coriander seeds
1/2 tsp turmeric powder
8 black peppercorns
1/2 tsp white cumin seeds
1/2 tsp poppy seeds
4 dried red chillies
1 tsp sea salt

Method:

Combine all the ingredients for the curry paste in a blender and purée until smooth (add a little lemon juice if they do not blend easily).

In the meantime, combine the mutton, water and salt in a pan. Bring to a boil and cook for about 30 minutes, or until the meat is tender. Take off the heat and set aside to cool then pour

into a blender and pulse to chop the meat.

Heat the ghee in a pan, add the onion and garlic and fry for about 6 minutes, or until golden. Stir in the spice paste and fry for a few minutes, or until aromatic. Now add the stock, coconut milk and the mutton mixture. Bring the ingredients to a boil and stir to combine.

Allow to heat through, then ladle into warmed soup bowls. Serve garnished with a drizzling of lemon juice and a wedge of lemon

Tamatar Ka Soup (Tomato Soup)

Tamatar Ka Soup (Tomato Soup) is a traditional Indian recipe for a classic soup of tomatoes, carrots and onions cooked in a water base thickened with cornflour (cornstarch).

Ingredients

1 tbsp butter
1 tbsp cornflour (cornstarch)
950ml (3 4/5 cups) water
sea salt, to taste
4 large tomatoes, halved
2 carrots, scraped and thickly chopped
1 large onion, peeled and chopped

To Garnish:

double cream
freshly-ground black pepper

Method:

Melt the butter in a large, heavy-based saucepan over low heat then stir in the cornflour and fry, stirring constantly, until coloured light brown. Add the water and stir to combine then add tomatoes, carrots and onion before seasoning to taste. Bring to a simmer, cover the pan and cook over medium heat for 20 minutes.

Take off the heat at this point then pass through a fine-meshed sieve, pressing down on the vegetables to extract as much liquid as possible. Ladle into warmed soup bowls, topping each one with a tablespoon of double cream and a few twists of black pepper.

Upma Sooji (Savoury Cream of Wheat Porridge)

Upma Sooji (Savoury Cream of Wheat Porridge) is a traditional Indian recipe (from the south of India), for a classic breakfast porridge of semolina flour (sooji) cooked with peas in water and flavoured with black mustard seeds, cumin seeds and peanuts.

Ingredients:

75g (3 oz) sooji (ground semolina, cream of wheat)
2 tbsp oil
1/2 tsp black mustard seeds
1/2 tsp cumin seeds

20 peanuts
1 green chilli, finely chopped
1/2 tsp salt (or to taste)
4 tbsp green peas
300ml (1 1/4 cups) water
1/2 tsp fresh lemon juice
2 tbsp fresh coriander leaves, chopped

Method:

Combine the peas and the 300ml (1 1/4 cups) water in a pan and bring to a boil. Reduce to a simmer and cook for about 6 minutes more, or until the peas are tender then take off the heat.

Heat the oil in a saucepan until almost smoking. Add the black mustard seeds and cumin seeds (if the oil is hot enough, they should splutter and split as soon as they are added. Now add the peanuts and fry for 1 minutes. Stir in the sooji and green chilli and stir-fry for 3 minutes over medium heat, or until the semolina flour is toasted a golden brown.

Whilst stirring constantly, add the pea and water mixture a little time, working into the fried sooji until smooth. When all the pea mixture has been added stir in the lemon juice. Cover the pan and continue cooking for 2 minutes.

Take off the heat, stir in the coriander leaves, divide between two bowls and serve.

Palak Ka Soup (Spinach Soup)

Palak Ka Soup (Spinach Soup) is a traditional Indian recipe for a classic soup of spinach puree topped with onion and ghee that's served with sippets of bread.

Ingredients:

250g (9 oz) fresh spinach, chopped
900ml (3 3/4 cups) water
2 tsp sea salt
1 tbsp ghee (clarified butter)
1 tbsp onion, chopped
1/2 tsp freshly-ground black pepper
5 tbsp sippets of bread

Method:

Combine the spinach, water and salt in a saucepan over medium heat. Bring to a simmer and cook for about 5 minutes, or until the spinach is well wilted.

Turn into a fine-meshed sieve and press the spinach pulp through with the back of a spoon to puree.

In the meantime, heat the ghee in a pan, add the onion and fry for about 6 minutes, or until golden brown. Pour over the spinach purée, bring the mixture to a simmer and cook for about 5 minutes. Season with black pepper, ladle into warmed soup bowls and accompany with the bread sippets.

Mulligatawny Soup

Mulligatawny Soup is a traditional Anglo-Indian recipe for a soup dish invented in India during the British Raj to cater to the British taste for soups.

Mulligatawny (literally 'pepper water') soup is an Anglo-Indian creation of the British Raj; created when the British demanded a soup from a cuisine that had never created one before. The result is excellent and well-worth making.

Ingredients:

1 tbsp ghee (or vegetable oil)
1 onion, chopped
4 garlic cloves, minced
2 tbsp fresh ginger, grated
2 green chilli peppers, chopped
1cm length of cinnamon
5 cloves
2 tsp coriander seeds
1 tsp cumin seeds
1 tsp ground turmeric
4 cardamom pods, bruised
2 curry leaves, shredded
1 carrot, cubed
1 apple, peeled, cored and chopped
1 large potato, peeled and diced
150g (5 oz) red lentils
1.8l (7 1/2 cups) chicken stock
3 tbsp tamarind juice (1 tbsp tamarind pulp mixed with 2 tbsp boiling water and strained)
1 tbsp lemon juice
400ml (1 2/3 cups) coconut milk
2 tbsp fresh, chopped, coriander leaves

Method:

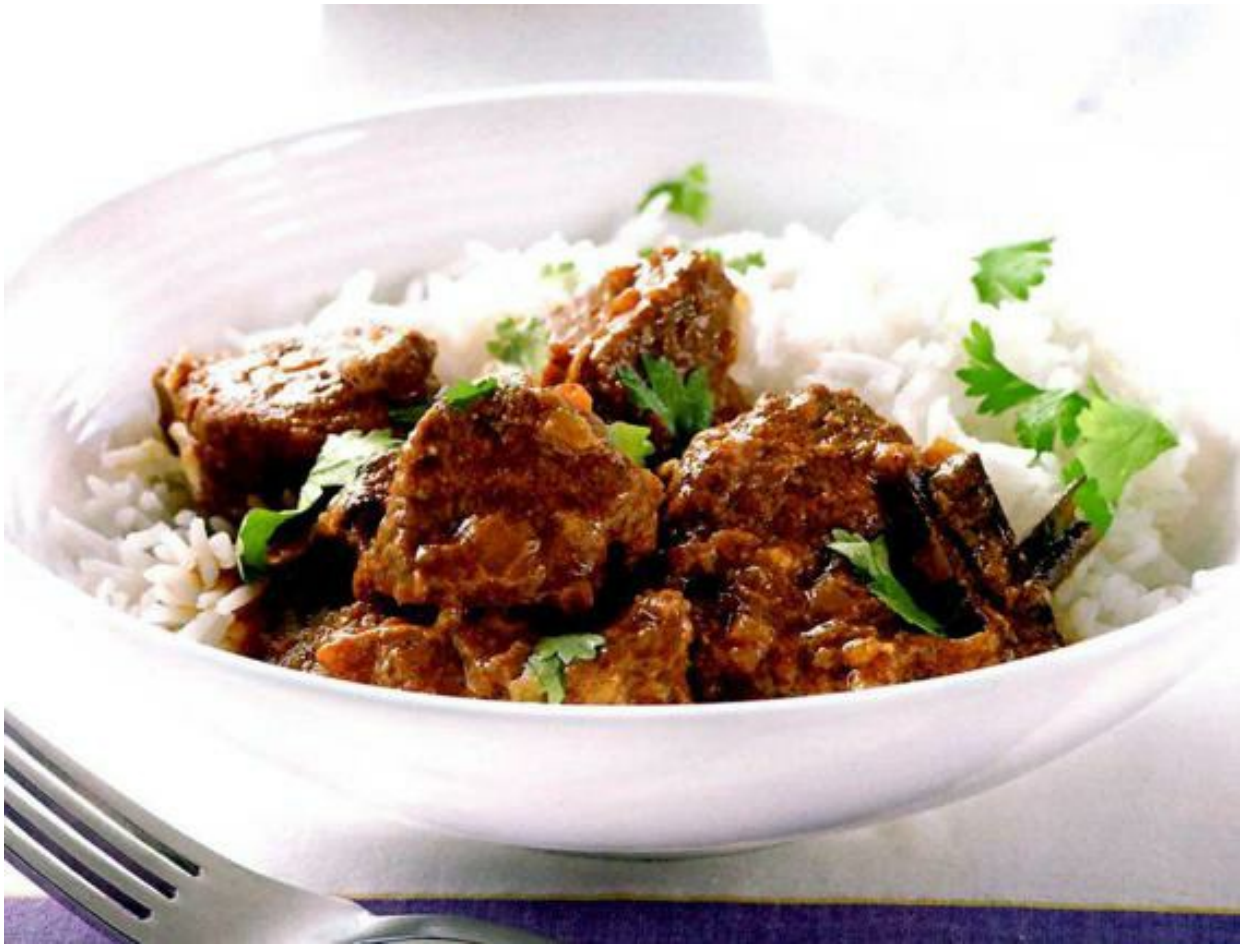
Place the whole spices (cinnamon, coriander, cumin, cloves) in a dry frying pan and heat until they begin to colour and start to release their aroma. Transfer to a coffee grinder and grind to a fine powder. Meanwhile add the ghee (or oil) to a large pan and on low heat cook the onion, garlic, ginger, chillies, spices and curry leaves. Stir frequently and cook until the onion is lightly browned.

Add the carrot, apple, potato, lentils and fry for about a minute then add the chicken stock. Bring to a boil and reduce to a simmer then cook for about 15–20 minutes, until the vegetables are tender. Discard the cardamom pods and the curry leaves and allow the mixture to cool. Transfer to a blender (in batches if needed) and purée until smooth.

Return the soup back to the pan and add the lemon juice, coconut milk, fresh coriander leaves and tamarind juice (this is made by adding boiling water to tamarind pulp and stirring). Allow the soup to heat through and serve.

The soup can be prepared the day before and if desired you can add small, diced, vegetables such as carrots, fine beans, potatoes to the final mix. It also works well with shredded or diced cooked chicken.

Meat-based Curries.



Hindus tend to be either vegetarian, or avoid beef. As a result, chicken tends to be the main meat eaten in India (these curries are dealt with in the next chapter). In North India, lamb and goat are popular and beef is eaten. Though the Muslim population does not eat pork. In Goa, however, where a large portion of the population is Christian, pork is eaten. As a result, the recipes here are a representative cross-section through the entire sub-Continent.

Also included are a range of Anglo-Indian dishes from the 1890s to the 1930s.

Goan Lamb Xacutti

Goan Lamb Xacutti is a traditional Indian recipe (originating in Goa) for a classic lamb curry. The list of ingredients is long and variable and can include the use of 29 different spices. This is a simplified version, but even here 17 different spices are employed.

This is a traditional (and very tasty Goan-style) lamb curry. The spices used are variable and some recipes call for up to 29 different spices in the blend. Even this version has 17 spices that go into making the masala.

Ingredients:

For the Lamb

1 leg of lamb (2.5kg [6 lb])

1 fresh coconut
80ml (1/3 cup) fresh lemon juice
6 garlic cloves, crushed
2 tbsp finely chopped ginger
5 hot green chillies, chopped
2 tbsp vegetable oil
3 onions, sliced
225g (1/2 lb) chopped tomatoes
1 tbsp seedless tamarind paste
1 1/2 tsp salt

For the Masala

30 dried hot chillies (Kashmiri or Piri-piri)
8 green cardamom pods
8 cloves
4 black cardamom pods
1 piece cassia bark, powdered
1/2 whole nutmeg, finely grated
2 tbsp coriander seeds
1 tbsp white or black poppy seeds
1 tbsp fennel seeds
2 tsp cumin seeds
1/2 tsp black mustard seeds
1 tsp turmeric powder
1/4 tsp ajwain
1/4 tsp aniseeds
1/3 tsp black peppercorns
3/4 tsp ground mace
3/4 tsp fenugreek seeds
Method:

To make the masala toast each spice separately in a dry frying pan over medium heat until browned and fragrant. Also prepare the coconut by cracking open (discard the liquid) and pry out the inner flesh. Pare-off the brown outer layer and grate the white flesh. Place this in a dry frying pan and toast over medium heat, stirring frequently, until browned all over (about 10 minutes). Transfer the spices and coconut to a coffee grinder and grind to a fine powder then set aside.

Cut the lamb into 3cm cubes and place in a bowl. Meanwhile purée the lemon juice, garlic, ginger and green bell peppers to a paste. Mix this with the lamb and allow to marinate for an hour at room temperature. Add oil to a large casserole dish and heat then add the onions and cook until golden brown. Stir in the lamb and increase the heat until the meat is evenly browned. Add the masala then reduce the heat and fry for about 10 minutes before adding he tomatoes, tamarind, salt and 450ml water. Bring the sauce to a simmer then reduce the heat to low and

cook (partially covered), stirring often, until the meat is tender and the sauce has thickened. Serve on a bed of basmati rice.

Elaichi Gosht (Lamb With Cardamom)

Elaichi Gosht (Lamb With Cardamom) is a traditional Indian recipe for a classic cardamom-flavoured curry of lamb.

Ingredients:

1kg (2 lb) lamb, cut into 3cm cubes
30 black peppercorns
25 cardamom pods (seeds only)
5 medium tomatoes
2.5cm (1 in) ginger, cut into small strips
120ml oil
2 large onions, finely chopped
2 tsp paprika
1 1/2 tsp salt
250ml water
3 tbsp chopped coriander leaves

Method:

Roast the peppercorns and cardamom seeds in a dry frying pan, until fragrant. Transfer to a coffee grinder and render to a smooth powder. Blend together the ginger and tomatoes in a blender.

Meanwhile heat the oil in a saucepan and fry the onions until golden brown. Add the meat and the ground spices and with constant stirring fry for 5 minutes. Add the blended tomato paste, paprika and salt. Mix to combine with the meat and cook for a further 3 minutes.

Add the water, bring to a boil then cover and lower the heat to a very low simmer and cook for an additional hour (until the lamb is tender). Spoon into a serving bowl, garnish with the coriander leaves and serve with rice.

Lamb Madras

Lamb Madras is a traditional Indian recipe for a classic highly spiced curry of lamb, curry leaves and spices cooked in stock with tomato puree until thick and aromatic.

This is the more authentic version of this dish that most people know as Beef Madras. (Most Hindus are prohibited from eating beef). However, the beef version is popular in Northern India and Pakistan and in Britain. To make Beef Madras, simply substitute beef for the lamb.

Ingredients:

1kg (2 lb) good quality lean leg of lamb cut into 3cm (1 in) cubes
3 tbsp cooking oil
1 tsp black mustard seeds

10 curry leaves (or methi [fenugreek] curry leaves)
1 medium onion, finely chopped
2 garlic cloves, grated
3cm (1 in) piece of ginger, grated
2 tbsp ground coriander seeds
2 tsp ground cumin
1 tsp turmeric
2 tsp chilli powder (less if you don't wan it so hot)
1 tsp salt (or to taste)
3 tbsp white wine vinegar
2 tbsp tomato purée
240ml (1 cup) beef or strong vegetable stock
generous handful of chopped coriander to garnish

Method:

Place the meat in a bowl then add the coriander, cumin, salt, turmeric, chilli powder and vinegar. Mix thoroughly to combine then set aside to marinate for at least 30 minutes.

Add the oil to a large pan or wok and fry the mustard seeds until the begin to splutter and crack. Now add the curry leaves and quickly stir into the oil before adding the onions, garlic and ginger. Continue frying until the onions are a dark golden brown (about 10 minutes) then add the meat and its spice marinade.

Continue frying until the meat is nicely browned on all sides before adding the stock and tomato purée. Bring the mixture to a boil then reduce to a simmer, cover and continue cooking for 1 hour, or until the lamb is very tender and the gravy has thickened.

Take off the heat, stir-in the coriander leaves and serve hot with plain boiled rice.

Aaloo Gosht (Mutton Curry with Potatoes)

Aaloo Gosht (Mutton Curry with Potatoes) is a traditional Pakistani recipe for a classic curry of mutton and potatoes.

Ingredients:

1kg (2 lb) mutton, cut into 3cm (1 in) cubes
500g (1 in) potatoes, peeled and cut into 4cm (2 in) pieces
1/4 tsp turmeric powder (haldi)
1 tsp hot chilli powder
3 tbsp ground coriander seeds (dhaniya)
3 medium onions, chopped or sliced
120ml (1/2 cup) oil
1 tbsp ginger paste (or grated ginger)
1 tbsp garlic paste (or grated garlic)
1 tsp garam masala
8 cloves (laung)
6 black peppercorns

2 black cardamom pods (bari ilaichi)
1 tsp salt (or more), to taste
100g (3 1/2 oz) fresh coriander (cilantro) leaves, shredded
3 green chillies, finely chopped
1 lemon, sliced

Method:

Heat the oil in a wok or pan. Add the onions and fry until brown then remove with a slotted spoon, grind to a paste and set aside. Add the turmeric, chilli powder, garlic, ginger and salt to the oil. Stir-fry for about 3 minutes then add the mutton and ground onions. Cook until the liquid from the met dries then add about 650ml (2 3/5 cups) water.

Bring the mixture to a simmer, cover and cook until the meat is tender (about 40 minutes). After about 35 minutes add the potatoes and continue cooking until the potatoes are tender and the gravy has thickened to the desired consistency.

Transfer to a serving bowl, garnish with coriander, green chillies and lemons and serve with naan breads.

Tikka Boti (Barbecued Beef in a Papaya Marinade)

Tikka Boti (Barbecued Beef in a Papaya Marinade) is a traditional Pakistani recipe for a classic dish of barbecued beef in a papaya and yoghurt marinade.

Ingredients:

500g (1 lb) beef, cubed
2 tbsp raw papaya purée
1/2 tsp ginger paste (or grated ginger)
1/2 tsp garlic paste (or grated garlic)
1/2 tsp salt (or according to taste)
2 tbsp natural yoghurt
1 tsp hot chilli powder
1 tbsp green chillies, finely chopped

Method:

Combine the spices, yoghurt and papaya purée in a bowl. Add the beef and toss to coat in the marinade. Cover and place in the refrigerator to marinate over night.

Thread the meat onto skewers soaked in water and barbecue over charcoal until the meat is done. Each time you turn the meat coat with more of the marinade (it will take about 30 minutes to cook).

Remove the meat from the skewers and serve with mint chutney, yoghurt, onion rings and naan breads.

Tomato Keema (Tomato and Beef Curry)

Tomato Keema (Tomato and Beef Curry) is a traditional Pakistani recipe for a classic curry of minced beef and potatoes in a tomato-based sauce.

Ingredients:

500g (1 lb) minced beef
200g (1/2 lb, scant) potatoes, finely diced
250g (9 oz) tomatoes, blanched, peeled and chopped
1 onion, finely chopped
6 tbsp oil
6 whole black peppercorns
6 cloves
1 black cardamom pod, crushed
1/4 tsp cumin seeds
1 tsp ground coriander
1 tsp salt (or to taste)
1/4 tsp ground turmeric
3/4 tsp hot chilli powder
2 tsp ginger-garlic paste
1/2 tsp garam masala
2 tbsp finely-shredded coriander leaves
2 green chillies, finely sliced
2 tbsp lemon juice

Method:

Heat the oil in a pan and use to fry the onion until lightly browned. Add the spices and tomatoes and stir to combine. Cook the mixture over medium heat until the water from the tomato has almost all evaporated then add the minced beef and continue cooking until the liquid from the meat has almost all gone.

Add 450ml (1 4/5 cups) water, bring to a simmer then cover and cook until the meat is completely tender and almost all the liquid has disappeared (about 25 minutes). Add the potatoes and continue cooking until they are tender (about 15 minutes). Turn the curry into a serving bowl, sprinkle the garam masala over the top then garnish with the coriander leaves and green chillies. Drizzle the lemon juice over the top and serve.

Rezala (Lamb Curry)

Rezala (Lamb Curry) is a traditional Bangladeshi recipe for a classic meat-based curry of lamb with onions in yoghurt and ghee that's flavoured with cinnamon, cardamom, cloves, garlic, ginger and chillies.

Ingredients:

750g (15 oz) lamb or mutton, cubed
500g (2 cups) plain yoghurt
100g (1/2 cup) ghee
100g (1 cup) onions, sliced
4 bay leaves
5cm (2 in) length of cinnamon

4 green cardamom pods
4 cloves
2 tsp ginger-garlic paste
2 tsp hot chilli powder
salt and sugar to taste

Method:

Heat the ghee in a wok or pan and use to fry the bay leaves, cloves, cinnamon and cardamom until aromatic. Add the onion and fry for 4 minutes then stir-in the garlic and ginger paste and chilli powder and fry for 2 minutes more.

Add the lamb or mutton and fry until browned then season with salt and sugar. Fry for 1 minute more then gradually stir in the yoghurt. Bring to a simmer, cover with a lid and leave to cook for about 45 minutes, or until the meat is tender. If the mixture becomes too dry during the cooking process ad a little water.

Continue cooking until the mixture dries out and the ghee separates. Serve hot with rice or parota.

Bangladeshi Vindaloo

Bangladeshi Vindaloo is a traditional Bangladeshi recipe for a classic hot meat curry in an onion-based sauce with vinegar flavoured with plenty of hot chillies and mustard seeds.

Ingredients:

450g (1 lb) meat, cubed
2 tbsp vinegar
1 tsp coriander paste
1/2 tsp cumin paste
1 tsp ground turmeric
1/2 tsp ground mustard seeds
2 tsp hot chilli powder
1/2 tsp freshly-ground black pepper
45g (2 oz) onions, finely diced
1 tsp garlic, finely chopped
3 green chillies, finely chopped
1 tsp salt
60ml (1/4 cup) oil

Method:

Heat the oil in a wok and use to stir-fry the onions and garlic for about 3 minutes. Add the vinegar and spices and stir fry for a further 3 minutes over medium-high heat then add the meat and fry for 2 minutes before cooking, covered, for about 40 minutes, or until the meat is tender. Remove the lid and allow the excess liquid to evaporate before serving on a bed of rice.

Kalia (Meat and Potato Curry)

Kalia (Meat and Potato Curry) is a traditional Bangladeshi recipe for a classic curry of beef or lamb with potatoes in a spiced chilli, garlic and onion sauce.

Ingredients:

900g (2 lb) meat (lamb or beef), diced into 3cm [1 in] cubes
120ml (1/2 cup) oil
60ml (4 tbsp) onion paste
2 tsp garlic paste
1 tsp chilli paste
2 tbsp coriander paste
8cm (3 in) length of cinnamon stick, halved
1 bay leaf
1 tbsp ginger paste
2 tsp ground turmeric
2 tsp cumin paste
1 tsp freshly-ground black pepper
3 green cardamom pods
450g (1 lb) potatoes, peeled and cubed

Method:

Heat the oil in a wok or pan and use to fry the meat until browned then remove the meat with a slotted spoon and set aside. Stir-in all the spices and pastes into the oil remaining in the pan and stir-fry for 2 minutes. Return the meat to the pan along with the bay leaf, turmeric, black pepper and cardamom pods. Add just enough water to cover the meat and cook over medium heat until almost all the water has evaporated.

Now stir-fry the meat for 10 minutes. Meanwhile, add about 4 tbsp oil to a separate pan and use to fry the potatoes until they begin to colour a golden brown. At this point add the potatoes to the meat mixture and stir-fry for about 5 minutes. Add a little water to ensure that the mixture does not stick to the sides of the pan then cover and cook over medium heat for about 15 minutes, or until the potatoes are tender.

Uncover and allow any excess water to evaporate away then serve.

Mughlai Lamb Biriani

Mughlai Lamb Biriani is a traditional Indian recipe (from the North of India) for a classic curry of lamb cooked with yoghurt and rice in a spiced sauce served with nuts and fruit. For the Beef version, simply substitute beef for the lamb in this recipe.

Ingredients:

300g (2/3 lb) long grain rice
3 tbsp salt
1 tsp saffron threads
2 tbsp warm milk
1 onion, coarsely chopped

2 onions, halved crossways and sliced finely into half-moons
4 garlic cloves
2cm (1 in) length of fresh ginger, coarsely grated
4 tbsp blanched, slivered, almonds
3 tbsp water
160ml (2/3 cup) water
200ml (4/5 cup) vegetable oil
3 tbsp sultanas
675g (1 1/2 lb) lamb shoulder, cut into 3cm cubes
250ml (1 cup) plain yoghurt
6 whole cloves
1/2 tsp whole black peppercorns
1/2 tsp green cardamom seeds
1 tsp whole cumin seeds
3cm (1 in) length of cinnamon
1/6 nutmeg, grated
1/4 tsp cayenne pepper
2 tbsp unsalted butter, chopped into 8 pieces
3 hard-boiled eggs, cooled and peeled

Method:

Wash the rice thoroughly in several changes of water then set aside to drain before transferring to a large bowl. Cover with 2l (2 quarts) water and 1 tbsp salt then mix thoroughly and set aside to soak for 3 hours.

In the meantime, add the saffron threads to a small non-stick frying pan and cook over medium heat until then turn a few shades darker. Crumble the toasted saffron into a small cup and pour the warm milk over the top then whisk to combine. Set aside to soak for 3 hours.

Combine the coarsely chopped onion, garlic, ginger, half the almonds in a blender with 3 tbsp water and blend to a smooth paste. Add 6 tbsp of the oil to a large non-stick pan or wok over medium-high heat and when hot add the sliced onions. Cook until brown and crisp then remove with a slotted spoon and set aside. Add the sultanas to the wok and cook until then just turn plump then remove with a slotted spoon and set aside. Now fry the almonds in the remaining oil, cooking them until golden. Once again remove with a slotted spoon and set aside on the same plate as the raisins.

Fry the meat, in batches, in the same pan, until browned all over. As each batch cooks transfer to a bowl and fry the next batch.

Add the remaining oil to the pan and turn the heat down to medium. When the oil is hot stir-in the onion, garlic and ginger paste. Continue frying, stirring constantly, until the paste turns a medium brown. Return the meat (and any meat juices) to the pan then gradually add the yoghurt, a tablespoon at a time, stirring constantly after each addition until it's all incorporated. Season with 1 tsp salt and add the 180ml (2/3 cup) water. Bring the mixture to a simmer then cover and cook gently over low heat for about 30 minutes.

Add the cloves, peppercorns, cardamom seeds, cinnamon and nutmeg to a dry pan. Toast

until aromatic then transfer to a spice grinder and reduce to a fine powder. When the meat has been cooking for 30 minutes stir-in the spice powder along with the cayenne pepper. Mix thoroughly to combine then cover and cook for a further 30 minutes. At the end of this time remove the cover, increase the heat and continue cooking until the sauce has reduced to about 180ml. Transfer the meat to a heavy casserole and pour the sauce over the top. Cover and set aside.

Bring 3 1/2l (3 quarts) of water to a rolling boil in a large pan and season with 1 1/2 tbsp salt. Drain the rice and rinse under cold running water then slowly scatter over the top of he boiling water. Return the mixture to a boil and cook rapidly for exactly 6 minutes. Drain immediately then pour over the meat in the casserole, mounding the rice up into a hill.

Take a wooden spoon and use the handle to form a well in the centre of the rice that extends all the way down to the base of the pan. Drizzle the saffron milk down the sides of the rice and dot with the butter. Also scatter 2 tbsp of the browned onions over the rice. Cover the top of the casserole with aluminium foil then secure the lid. Immediately transfer to an oven pre-heated to 150ºC (300ºF) and bake for 1 hour.

At the end of this time remove the dish from the oven then quarter the eggs lengthways. Mix the contents of the casserole together (but do so gently) then serve on a warmed platter garnished with the eggs, the remaining browned onions and topped with the raisins and toasted almonds.

Keema Mattar

Keema Mattar is a traditional Indian recipe for a classic curry of minced lamb and garden peas with onions cooked in a spiced ginger, ghee, yoghurt and tomato puree sauce.

Ingredients:

120ml (1/2 cup) ghee
3 onions, finely chopped
3cm (1 in) piece of ginger, peeled and grated
5 garlic cloves, peeled and grated
6 whole cloves
1/2 tbsp ground coriander seeds
1 tbsp ground cumin seeds
1 tsp turmeric
1 tsp salt
1/4 tsp chilli powder
3 tbsp tomato purée
2 tbsp plain yoghurt
900g (2 lbs) minced lamb
150g (1/3 lb) garden peas

Method:

Heat the clarified butter (ghee) in a wide pot, then add the onions and fry until they brown lightly. Add the spices and stir thoroughly to combine then fry for 2 minutes before adding the tomato purée and yoghurt. Stir to mix, bring to a simmer and cook for 10 minutes.

Now add the lamb, ensuring you use a wooden spoon to break up any lumps so you have a fine mince in the sauce. Bring the mixture to a boil, reduce to a simmer then cover and cook for 50 minutes, stirring occasionally. Finally, add the peas and return to a simmer. Allow the peas to heat through (about 5 minutes) then serve on a bed of rice or accompanied by naan bread.

Beef Pasanda

Beef Pasanda is a traditional Indian recipe for a classic lightly spiced curry of beef and onions cooked in yoghurt.

Ingredients:

450g (1 lb) lean beef, cut into 3cm cubes
2 tsp sea salt
300ml (1 1/4 cups) natural yoghurt
2 large onions, sliced
4 tbsp ghee (or vegetable oil)
50g (2 oz) fresh ginger, thinly sliced
4 garlic cloves, thinly sliced
2 tsp ground coriander seeds
1 tsp Garam Masala
1/2 tsp hot chilli powder
1/2 tsp ground cumin seeds
2 tsp paprika
2 tsp turmeric powder

Method:

Combine the beef, salt and yoghurt in a bowl. Mix thoroughly with your hands then cover and refrigerate for at least 12 hours to marinate.

When ready to cook heat the ghee in a large saucepan, then add the onions and fry until golden brown (about 8 minutes). Now add the sliced ginger and garlic along with the remaining spices and cook gently, stirring all the time, until soft.

Stir in the beef (along with its marinade) and mix thoroughly. Partially cover the pan and bring the mixture to a simmer. Cook gently for 75 minutes, or until the meat is tender. Serve with rice.

Kadhai Gosht

Kadhai Gosht is a traditional Pakistani recipe for a classic curry of lamb or mutton in a spiced yoghurt stock. The full recipe is presented here and I hope you enjoy this classic Pakistani version of: Kadhai Gosht.

A gosht is a style of curry that's an essential component of traditional Pakistani cuisine. The name itself is a transliteration of an Urdu and Persian word: that literally means 'meat' or 'flesh'. The dish is traditionally both cooked and served in a wok-like dish called a *kadhai* or *karahi*.

Ingredients:

1kg (2 lb) lamb or mutton sliced into 5cm cubes
250ml (1 cup) yoghurt
2 tbsp garlic paste
2 tbsp lemon juice
2 tsp Garam Masala
salt, to taste
3 tbsp vegetable oil
4 green chillies, slit lengthways
2 tbsp ground coriander
1 tsp ground cumin
2 medium tomatoes, finely chopped
2 tbsp ginger, julienned, to garnish
4 tbsp fresh coriander, chopped, to garnish

Method:

Combine the yoghurt, garlic paste, lemon juice, garam masala and salt in a bowl. Mix thoroughly to combine then add the lamb and mix once more so that the lamb is completely coated. Cover the bowl and set aside to marinade for 3 hours.

Heat the oil in a kadhai (or a wok) over medium heat. Add the chillies and fry until they stop spluttering. Now add the lamb along with the marinade and fry, stirring frequently, for about 6 minutes. Stir in the tomatoes, ground coriander and cumin powder at this point. Mix thoroughly then sprinkle some water over the meat.

Bring to a simmer, cover the pan and cook gently for about 20 minutes, or until the meat is done (add water as needed to prevent the contents of the pan from sticking and burning). Ideally the gravy should be very thick and reduced almost to nothing.

Take off the heat, garnish with the ginger and coriander and serve straight from the pan. Accompany with chapatis and naan breads.

Reshmi Gosht (Lamb Breast in Aromatic Sauce)

Reshmi Gosht (Lamb Breast in Aromatic Sauce) is a traditional Indian recipe for a classic stew of lamb breast riblets coked in an aromatic sauce with red onion and lemon juice.

Ingredients:

600g (1 1/2 lb) lamb breast riblets, separated into serving portions
1 large red onion, finely sliced
2 tsp ginger-garlic paste
1 tsp hot chilli powder
1/4 tsp ground turmeric
1 tsp salt
3 tbsp lemon juice
pinch of saffron threads
oil for frying

Method:

Wash the meat then set in a colander to drain. Add a little oil to a flame-proof casserole and use to fry the onion and meat for about 4 minutes, or until the onion is just tender. Stir in the ginger-garlic paste along with the chilli powder, turmeric and salt. Fry briefly then add 400ml (1 2/3 cups) water. Bring to a boil, reduce to a simmer and cook, covered for about 40 minutes, or until the meat is very tender.

Add the lemon juice and saffron threads and continue cooking, uncovered, until the gravy has thickened. Transfer to a serving bowl and serve immediately, accompanied by warmed parathas or aloo paratha.

Masaledaar Bakre ki Kaleji Gurda Phepsa (Lamb Offal Curry)

Masaledaar Bakre ki Kaleji Gurda Phepsa (Lamb Offal Curry) is a traditional Indian recipe for a classic curry of mixed lamb offal cooked with onion and ginger-garlic paste in a yoghurt base.

Ingredients:

2 lamb kidneys (Gurda)
2 lobes of lamb's liver (Kaleji)
1 pair of lamb's lungs (Phepsa)
1 lamb's trachea cut into 5cm lengths
3 large onions, thinly sliced
1 tsp ginger-garlic paste
250ml (1 cup) Greek-style yoghurt
1 1/2 tsp hot chilli powder
1 1/2 tsp sea salt (or to taste)
1/4 tsp ground turmeric
2 tsp roasted peanut paste
1 tbsp coconut milk
90g (3 oz) coriander leaves, chopped

Method:

Wash the offal thoroughly then cut into bite-sized pieces. Add oil to a casserole dish and when hot use to fry 2 of the chopped onions. Cook for about 8 minutes, or until golden brown then add the garlic-ginger paste and fry for 1 minute.

Whisk the yoghurt to soften then add to the pan along with the chilli powder, salt and turmeric. Add the sliced offal and gently mix to combine. Add the coriander and mix well then bring the mixture to a simmer. Secure the lid and cook gently for about 60 minutes, or until the meat is tender (add water or stock if the mixture looks as if it's drying out).

About 20 minutes before the end of the cooking time add the reserved onion and all the remaining ingredients. Continue cooking stirring frequently, until the gravy is thick. Serve hot accompanied by naan breads or parathas.

Masaaledaar Pudine wal Quimah (Minced Lamb with Mint and Spices)

Masaaledaar Pudine wal Quimah (Minced Lamb with Mint and Spices) is a traditional Indian recipe for a classic dish of minced lamb cooked in yoghurt with spices, tomato puree and plenty of chillies and mint.

Ingredients:

550g (15 oz) minced (ground) lamb
2 tsp hot chilli powder
2 1/2 tsp sea salt
1 tbsp (heaped) ginger-garlic paste
1/2 tsp ground turmeric
120ml (1/2 cup) Greek-style yoghurt
1 tbsp Garam Masala
60ml (1/4 cup) groundnut oil
3 cloves
3 green cardamom pods
5cm (2 in) length of cinnamon stick
1 dried Malabathrum (Indian Bay Leaves) (or substitute cassia bark)
2 yellow onions, finely sliced
200ml (4/5 cup) passata
4 small green chillies, finely chopped
120ml (1/2 cup) spearmint leaves, finely chopped

Method:

Combine the minced lamb, chilli powder, 2 tbsp salt, ginger-garlic paste, turmeric, yoghurt and garam masala in a large bowl. Mix thoroughly with a wooden spoon, cover with a clean cloth and set aside.

Heat the oil in a large non-stick frying pan and as soon as the oil is hot add the cloves, cinnamon stick and cardamom pods. Fry for about 1 minute, or until aromatic then add the onion slices and the remaining salt. Stir-fry for about 6 minutes, or until the onions are golden brown then add in the marinated meat and its yoghurt dressing and stir to combine with the onions.

Cover with a lid and cook for about 5 minutes. After this time break up any lumps of meat with a wooden spoon then stir in the tomato passata and stir thoroughly to combine. Cover with the lid and simmer gently for a further 25 minutes, stirring occasionally.

When all the liquid has almost evaporated away add the green chillies and the chopped mint leaves. Cook for 1 minute more then turn into a warmed dish and serve accompanied by rotis, parathas or naan breads along with rice and a vegetable side dish (or serve with breads and a thick lentil dish).

Quima Bhari Mirch (Red Bell Peppers Stuffed with Spicy Minced Lamb)

Quima Bhari Mirch (Red Bell Peppers Stuffed with Spicy Minced Lamb) is a traditional Indian recipe for a classic dish of red bell peppers stuffed with spicy minced lamb that's baked on a mix of the lamb with tomato ketchup.

Ingredients:

1 batch Spicy Minced Lamb with Mint and Chillies (see preceding recipe)
5 red bell peppers, or long sweet peppers, halved lengthways and de-seeded
4 tbsp tomato ketchup (or passata)

Method:

Wash the peppers, slice in half lengthways and remove the seeds. Prepare the Spicy Minced Lamb with Mint and Spices according to the recipe above, allow to cool slightly then use to stuff the peppers. Now stuff the meat mixture into the peppers and set aside.

Mix the tomato ketchup with the remaining lamb mixture and set aside and use this to cover the base of a baking dish. Lay the stuffed pepper halves on top of the meat mixture then transfer the dish to an oven pre-heated to 220ºC (430ºF) and roast for about 30 minutes, or until the peppers are soft and well cooked.

Serve hot with root.

Goat Curry with Potatoes

Goat Curry with Potatoes is a modern British recipe (based on a Pakistani original) for a classic curry of goat meat and potatoes in a spiced sauce.

Ingredients:

1kg (2 lb) goat meat, cut into 3cm (1 in) cubes
500g (1 lb) potatoes, peeled and cut into 4cm (1 1/2 in) pieces
1/4 tsp turmeric powder (haldi)
1 tsp hot chilli powder
3 tbsp ground coriander seeds (dhaniya)
3 medium onions, chopped or sliced
120ml (1/2 cup) oil
1 tbsp ginger paste (or grated ginger)
1 tbsp garlic paste (or grated garlic)
1 tsp garam masala
8 cloves (laung)
6 black peppercorns
2 black cardamom pods (bari ilaichi)
1 tsp salt (or more), to taste
100g (3 1/2 oz) fresh coriander (cilantro) leaves, shredded
3 green chillies, finely chopped
1 lemon, sliced

Method:

Heat the oil in a wok or pan. Add the onions and fry until brown then remove with a slotted spoon, grind to a paste and set aside. Add the turmeric, chilli powder, garlic, ginger and salt to the oil. Stir-fry for about 3 minutes then add the goat meat and ground onions. Cook until the liquid from the met dries then add about 650ml (2 2/3 cups) water.

Bring the mixture to a simmer, cover and cook until the meat is tender (about 40 minutes). After about 35 minutes add the potatoes and continue cooking until the potatoes are tender and the gravy has thickened to the desired consistency.

Transfer to a serving bowl, garnish with coriander, green chillies and lemons and serve with naan breads.

Bangladeshi Goat Curry

Bangladeshi Goat Curry is a traditional Bangladeshi recipe for a classic meat-based curry of goat meat with onions in yoghurt and ghee that's flavoured with cinnamon, cardamom, cloves, garlic, ginger and chillies.

Ingredients:

750g (25 oz) goat meat, cubed
500g (2 cups) plain yoghurt
100g (1/2 cup) ghee
100g (1 cup) onions, sliced
4 bay leaves
5cm (2 in) length of cinnamon
4 green cardamom pods
4 cloves
2 tsp ginger-garlic paste
2 tsp hot chilli powder
salt and sugar to taste

Method:

Heat the ghee in a wok or pan and use to fry the bay leaves, cloves, cinnamon and cardamom until aromatic. Add the onion and fry for 4 minutes then stir-in the garlic and ginger paste and chilli powder and fry for 2 minutes more.

Add the cubed goat meat and fry until browned then season with salt and sugar. Fry for 1 minute more then gradually stir in the yoghurt. Bring to a simmer, cover with a lid and leave to cook for about 45 minutes, or until the meat is tender. If the mixture becomes too dry during the cooking process ad a little water.

Continue cooking until the mixture dries out and the ghee separates. Serve hot with rice or parota.

Sarson Saag Gosht (Lamb and Rapeseed Greens Curry with Yoghurt)

Sarson Saag Gosht (Lamb and Rapeseed Greens Curry with Yoghurt) is a traditional Indian recipe for a classic curry of lamb and onions in a spiced rapeseed greens and yoghurt base.

This is a traditional rapeseed greens based dish from the north of India that's cooked down until the sauce is very thick.

Ingredients:

2 tsp coriander seeds

1 1/2 tsp cumin seeds
3 tbsp oil
1kg (2 lb) boneless leg (or shoulder) of lamb, cut into 3cm cubes
4 onions, finely chopped
6 cloves
6 green cardamom pods
10cm (4 in) piece of cinnamon stick
10 whole black peppercorns
4 cassia leaves (or bayleaves)
3 tbsp Garam Masala
1/4 tsp ground turmeric
1 tsp paprika
7cm (3 in) length of ginger, grated
4 garlic cloves, crushed
200ml (4/5 cup) Greek-style yoghurt
500g (1 lb) saag (rapeseed) leaves and flowering tops (before the flowers open), chopped
500ml (2 cups) water
salt, to taste

Method:

Heat a small, non-stick, frying pan and use to dry fry the coriander seeds until aromatic. Take of the heat then use the pan to dry-fry the cumin seeds. Combine the coriander seeds and cumin seeds in a coffee or spice grinder and render to a fine powder.

Heat the oil in a flame-proof casserole (or karahi) over low heat then add the meat, a few pieces at a time, and fry until browned. Remove all the meat from the pan and set aside. Add a little more oil to the pan and use to fry the onion, cloves, cardamom pods, cinnamon, black peppercorns and bayleaves for about 8 minutes, or until the onion is lightly browned. Now add the cumin and coriander mixture along with the garam masala, turmeric and paprika. Fry for 30 minutes then stir in the meat, ginger, garlic, yoghurt and water.

Bring the mixture to a boil, reduce to a simmer, then cover the pan and cook for about 2 hours, or until the meat is very tender (by this time most of the water should have evaporated — if it has not continue cooking with the lid off).

Bring a pan of water to a simmer, add the rapeseed greens and cook until just wilted. Drain and refresh in cold water then chop finely. Squeeze out any excess water from the rapeseed greens then add to the lamb mixture, return to a simmer and cook for 3 minutes more. Mix thoroughly then season with salt to taste.

Serve hot, with rice.

Dry Beef Curry

Dry Beef Curry is a traditional Indian recipe for a classic curry of cubed beef and onions in a curry paste and tomato puree base that's dried with desiccated coconut.

Ingredients:

675g (1 1/2 lb) beef, cubed
3 onions, finely chopped
2 garlic cloves, finely chopped
2 dessertspoons curry paste
1 dessertspoon tomato purée
60g (5 tbsp) ghee or butter
2 tbsp lemon juice
salt, to taste
1 tbsp desiccated coconut

Method:

Melt the ghee or butter in a pan. When hot, add the onions and fry for 4 minutes. Now stir in the tomato purée and the curry paste. Continue frying, stirring frequently, for four minutes more before adding the meat.

Stir to combine, bring to a simmer, cover the pan with a tight-fitting lid and cook for about 30 minutes, or until the meat is tender. Check the contents of the pan on occasion and if the mixture seems to become too thick (or is likely to burn) stir in a little boiling water.

Just before serving, stir in the lemon juice and season to taste with salt. Finally stir in the desiccated coconut (this will help dry up any excess moisture) and serve hot.

Left-over Game Curry

Left-over Game Curry is a traditional Anglo-Indian recipe (from the 1920s) for a classic curry of left-over game bird meat and onions in a tomato puree and lemon juice base flavoured with curry powder or curry paste.

Ingredients:

legs left-over from cooked game fowl (1 duck or goose leg per person, 2 pheasant legs etc [or a mix], you can also use left-over chicken)
3 onions, finely chopped
1 tsp garlic, minced
90g (3 oz) ghee or butter
juice of 1 1/2 lemons
1 1/2 tbsp curry powder (or 3 tbsp curry paste)
1 1/2 dessertspoons (heaped) tomato purée
salt, to taste

Method:

Heat the ghee or butter in a pan. When hot, add the onion and garlic and fry for about 8 minutes, or until golden brown all over. Now stir in the curry powder (or curry paste) and stir into the onion mix. Cook for 4 minutes more then stir in the tomato purée and thin the mixture with a little water. Add he lemon juice and season to taste with salt.

Bring to a gentle simmer and cook for 10 minutes. Add the leftover fowl legs and cook until heated through (add more water as needed). Serve hot on a bed of rice.

Duck and Green Pea Curry

Duck and Green Pea Curry is a traditional Indian recipe for a classic curry of duck pieces cooked with green peas and tomatoes in a garlic, and onion base flavoured with curry powder.

Ingredients:

1 oven-ready duck, cut into serving pieces
120g (4 oz) green peas (fresh or frozen)
225g (1/2 lb) tomatoes, blanched, peeled and chopped
60g (2 oz) ghee or butter
4 garlic cloves, finely minced
2 large onions, finely minced
2 dessertspoons curry powder
juice of 1 lemon
salt, to taste

Method:

Heat the ghee or butter in a pan. When hot, add the onion and fry for 2 minutes then add the garlic and fry for 3 minutes more. At this point, stir in the curry powder, mixing thoroughly to combine. Continue stir-frying the mixture for 4 minutes more over low heat then add the chopped tomatoes. Pour over 500ml (2 cups) of hot water and stir well to combine.

Nestle the pieces of duck in the sauce then bring just to a simmer. Cover the pan and cook for about 30 minutes, or until the duck pieces are just tender. At this point stir in the peas, cover the pan and cook for 15 minutes more.

Season to taste with salt, stir in the lemon juice and serve hot, accompanied by rice and flatbreads.

Dry Keema Curry

Dry Keema Curry is a traditional Indian recipe for a classic curry of minced beef in an onion, garlic, yoghurt and tomato puree base flavoured with curry powder that's cooked until dry.

Ingredients:

500g (1 lb) minced beef (or mutton)
1 small onion, finely minced
2 garlic cloves, finely minced
60g (2 oz) ghee or butter
1 tbsp curry powder
1 tsp tomato purée
4 tbsp yoghurt (any set or thick natural yoghurt)

Method:

Melt the ghee or butter in a pan and when hot, add the onion. Fry for 2 minutes then add the garlic and fry for 2 minutes further. Scatter over the curry powder, and then stir in the tomato

purée. Mix thoroughly to combine and stir-fry over medium-high heat for 3 minutes more.

At this point stir in the minced meat along with the yoghurt. Stir to combine, and then bring to a simmer. Cover and cook gently for 60 minutes, adding a little hot water to the mixture as needed during this time. You are aiming for a moist curry where there is no gravy.

Serve hot on a bed of rice.

Keema and Lettuce Curry

Keema and Lettuce Curry is a traditional Indian recipe for a classic curry of minced meat and lettuce in a spiced onion, garlic, tomato and ghee base. The full recipe is presented here and I hope you enjoy this classic Indian version of: Keema and Lettuce Curry.

Ingredients:

500g (1 lb) minced meat (any lean meat)
2 large onions, finely chopped
3 garlic cloves, finely chopped
100g (3 1/2 oz) ghee or butter
4 large tomatoes cut into wedges
2 dessertspoons ground coriander seeds
1 tsp ground turmeric
1 tsp ground ginger
1 tsp ground cumin
1 tsp ground chillies
2 small lettuces, coarsely shredded
salt, to taste

Method:

Heat the ghee or butter in a pan and when hot add the onion. Fry for 2 minutes then add the garlic and cook for about 4 minutes more, or until golden brown. Add the tomatoes then mix in all the spices. Stir to blend then cover the pan and simmer for about 6 minutes, or until the tomatoes have broken down to form a sauce.

At this point stir in the lettuces then cover the pan and cook for 8 minutes more before stirring in the meat and seasoning to taste with salt. Cover the pan and simmer gently for about 20 minutes, or until the meat is cooked through and soft.

Serve hot.

Kobi Keema (Cabbage and Mincemeat Curry)

Kobi Keema (Cabbage and Mincemeat Curry) is a traditional Indian recipe for a classic curry of minced meat and cabbage in a spiced onion, garlic and ghee base.

This is a classic meat and greens dry curry. It can also be made with kale, aubergines (eggplants), cauliflower or broccoli instead of the cabbage.

Ingredients:

500g (1 lb) minced meat

1 medium cabbage, shredded
1 tsp fine sea salt
60g (2 oz) ghee or butter
2 onions, finely chopped
2 garlic cloves, finely chopped
1/2 tsp hot chilli powder
1/2 tsp ground turmeric
1/4 tsp ground coriander seeds
1/4 tsp ground cumin seeds
pinch of ground cloves
pinch of ground cinnamon
1/2 tsp ground ginger

Method:

Melt the ghee or butter in a pan. When hot add the onions and fry for 2 minutes. Now add the garlic and fry the mixture for 3 minutes more, or until golden brown. Add the minced meat along with the spices and salt then stir to combine.

Simmer gently, covered, for about 25 minutes, or until the meat is cooked through and soft then stir in the cabbage. Cover and continue cooking for about 10 to 15 minutes, or until the cabbage leaves are tender.

Serve hot.

Beef and Dhal Curry

Beef and Dhal Curry is a traditional Indian recipe for a classic curry of beef strips and lentils in a spiced chilli, garlic and onion base with tomato puree.

Ingredients:

500g (1 lb) lean beef, cut into 4cm pieces
2 dry red chillies
2 garlic cloves, finely chopped
2 large onions, finely chopped
vinegar
1 dessertspoon tomato purée
1 dessertspoon curry powder
115g lentils
2 cloves
60g (2 oz) ghee
3cm (1 in) length of cinnamon stick
salt, to taste

Method:

Melt the ghee in a pan and when hot add the whole spices and onion. Stir-fry for 4 minutes then add the garlic and fry for 3 minutes more before adding the curry powder. Continue cooking

for 5 minutes more then add the tomato purée and meat. Cover the pan and cook for 4 minutes further.

In the meantime, place the lentils in a pan, cover with water, bring to a boil and cook for about 20 minutes, or until just tender. Drain the lentils (reserve the cooking water). Add 200ml (4/5 cup) of the lentil cooking liquid to the pan.

Bring to a simmer, cover the pan and cook gently for about 60 minutes, or until the meat is thoroughly cooked through and tender. Now stir in the lentils and add about a tablespoon of vinegar (or to taste). Season to taste with salt, cover the pan and cook for about 10 minutes more, or until the lentils have completely broken down to form a thick sauce.

Serve hot.

Pork Korma

Pork Korma is a traditional Indian recipe (from Goa) for a classic curry of cubed pork in a ghee and yoghurt base flavoured with tomatoes, onions, garlic and spices.

This is a rather unusual south-Indian dish (from Goa), where following the Portuguese style (see Vindaloo) pork is used as the main meat, rather than the far more typical fish.

Ingredients:

500g (1 lb) pork, cut into 3cm cubes
3 onions, finely sliced
4 garlic cloves, finely sliced
1/4 tsp ground cumin
2 cinnamon sticks (about 3cm [1 in] long)
4 bay leaves (use Indian bay leaves, if you can get them)
300g (1 1/4 cup) natural yoghurt
5 large, ripe, tomatoes, halved
1/2 tsp ground ginger
1/4 tsp freshly-ground black pepper
12 cloves
7 cardamom pods, crushed
120g (4 oz) ghee, butter or mustard oil

Method:

Heat the ghee or oil in a pan. Add the onions and fry for 4 minutes then add the garlic and continue frying for about 5 minutes more, or until golden brown all over. Add the meat and mix to combine. Continue frying, stirring frequently until the meat is nicely browned all over.

At this point stir in 150ml hot water along with the ginger, black pepper, cumin seeds, cloves, cardamoms, cinnamon, bay leaves and the tomatoes. Bring the mixture to a boil, reduce to a simmer, cover and cook gently over low heat for about 50 minutes, or until the meat is cooked through and tender.

At this point stir in the yoghurt. Continue cooking, stirring frequently, until the sauce is heated through (be careful at this stage that the sauce does not ‘catch’ and burn). Serve hot.

Ak-Ni Korma

Ak-Ni Korma is a traditional Indian recipe (from North India) for a classic curry of mutton in a spiced onion and yoghurt base, where ak-ni refers to the mix of spices used.

This dish is named after the blend of spices used to flavour it. Where Ak-Ni spices are typically 7.5g (1/4 oz) fennel seeds, 7.5g (1/4 oz) fresh (green) ginger, 4 garlic cloves, 7.5g (1/4 oz) coriander seeds and 1 small onion.

Ingredients:

500g (1 lb) lean mutton cut into 3cm cubes
1 large onion, cut into thick slices
7.5g (1/4 oz) fennel seeds
7.5g (1/4 oz) coriander seeds
7.5g (1/4 oz) fresh ginger, sliced
4 garlic cloves, halved
1 cinnamon stick (about 3cm [1 in] long)
2 cloves
2 cardamom pods, crushed
1/2 tsp cumin seeds
30g (1 oz) butter
150g (3/5 cup) natural yoghurt
generous pinch of saffron threads, crumbled
1 tsp sea salt (or to taste)

Method:

Place the meat in a pot along with 600ml (2 1/2 cups) water. Tie the fennel seeds, coriander seeds, ginger, and garlic in a muslin bag and add to the pot. Bring to a boil and cook for about 50 minutes, or until the meat is tender and the liquid has reduced down to about 250ml (1 cup).

In the meantime, melt the butter in a pan, add the onion and fry for about 10 minutes, or until well browned. At this point add the meat and the remaining cooking liquid to the fried onion along with the bag of Ak-Ni spices and the cloves, cinnamon, cardamom pods and cumin seeds. Crumble the saffron into a little boiling water in a mortar and ground with a pestle. Add this to the korma blend.

Add salt to taste and bring to a boil. Cook for 5 minutes then take out the bag of Ak-Ni spices and the cinnamon stick. Stir in the yoghurt, allow to heat through and serve.

Royal Beef Biryani

Royal Beef Biryani is a traditional Indian recipe (from Mogul courts of North India) for a classic dish of beef in a curry that's layered with saffron rice and onions before being oven baked and served garnished with eggs, onions, almonds and sultanas.

Ingredients:

300ml (1 1/4 cups) natural yoghurt

1 tsp (heaped) saffron threads
1kg (2 lb) beef, cut into bite-sized chunks (any stewing cut such as braising steak, flank or shin)
125ml (1/2 cup) mustard oil (oil fried with mustard seeds until they pop then taken off the heat and stored)
4 onions
4 garlic cloves
30g (1 oz) fresh ginger, peeled and finely chopped
2 fresh red chillies, coarsely chopped
5 whole cloves
seeds from 12 cardamom pods
2 tsp cumin seeds
2 tsp coriander seeds
1 tsp fenugreek seeds
1 tsp nigella seeds (kalonji)
2cm (1 in) length of cinnamon stick
2 tsp sea salt flakes
1/2 whole nutmeg, finely grated
2 bayleaves (Indian bay if you can get it)
2 tsp caster sugar
300g (2 cups) basmati rice, washed and drained
4 tbsp fresh coriander leaves, chopped
50g (2 oz) ghee (or butter), melted
50g (2 oz) sultanas, plumped in warm water, to garnish
40g (1 1/2 oz) flaked almonds, to garnish
3 large eggs, hard-boiled and halved lengthways
freshly-ground black pepper, to taste
6 tbsp fresh coriander leaves, shredded, to garnish

Method:

Take 100ml (2/5 cup) of the yoghurt, beat until smooth with the saffron, place in a small pan and heat gently for a few minutes (ensure it does not boil). Take off the heat, pour into a bowl then allow to cool, cover with clingfilm and set aside in the refrigerator over night.

The following day, trim the beef neatly and remove any fat and sinew then cut into bite-sized pieces. Heat 2 tsp of the oil in a frying pan. Season the beef with salt and freshly ground black pepper, add to the hot oil and fry over medium-high heat until browned all over (you will need to cook in two or three batches). Transfer to a large saucepan with a tight-fitting lid.

Take two of the onions, chop them coarsely then combine in a food processor with the garlic, ginger and chillies. Chop finely then add 50ml (1/4 cup) water and process to a smooth paste. Combine the cloves, cumin, nigella seeds, fenugreek, coriander seeds, cinnamon, cardamom seeds and 1 tsp of the salt in a mortar. Pound with a pestle until you have a fine powder. Add the grated nutmeg then add plenty of freshly ground black pepper and pound the mixture once more.

Add 3 tbsp oil to the pan used to fry the beef then add the onion paste and the spice blend. Stir to combine and fry, stirring frequently, for about 6 minutes, or until the onion mixture is browned. Turn this mixture into the pan with the beef then stir in the 200ml (4/5 cup) remaining yoghurt along with 450ml (1 4/5 cups) water. Nestle in the bayleaves then bring to a simmer. Cover with a tight-fitting lid and cook gently for 90 minutes, or until the beef is very tender. Check the liquid and stir occasionally.

Stir the sugar into the meat mix, increase the heat and simmer the beef mix briskly for about 10 minutes, or until the sauce has reduced and thickened. Adjust the seasonings to taste and take off the heat.

Slice the remaining onions thinly lengthways. Add 2 tbsp oil to the frying pan and use to fry the onions for about 8 minutes, or until softened and golden brown in colour. Take off the heat and set aside.

Half-fill a large pan with water. Add 1 tsp salt, bring to a boil, then pour in the washed rice. Bring back to a boil and cook for 5 minutes, to parboil the rice. Drain thoroughly and stir in the chopped coriander leaves.

Place half the meat (and sauce) in the base of a large oven-proof casserole. Spoon over half the parboiled rice and tot with half the yoghurt and saffron mix. Top with half the fried onions then repeat the layering process once more. Drizzle over the ghee then cover the dish with a double layer of foil (make certain it is wrapped down tight). Sit the lid on top then transfer to an oven pre-heated to 180ºC (360ºF) and bake for 30 minutes.

In the meantime, dry fry the slivered almonds until golden brown and drain the plumped almonds. Set these aside.

Remove the dish from the oven. Take off the lid and foil then fluff the rice with a fork. Garish the top with the toasted almonds and sultanas, the shredded coriander leaves and the halved eggs. Serve immediately.

Leftovers Jalfrezi with Gravy

Leftovers Jalfrezi with Gravy is a traditional Anglo-Indian recipe for a classic jalfrezi-style curry made from leftover meat and potatoes in a spiced gravy.

Ingredients:

500g (1 lb) left-over cooked meat, finely diced
10 black peppercorns, finely ground
1 tsp ground, dried, chillies
1 medium onion, chopped
1/2 tsp ground ginger
6 garlic cloves
1 tsp salt
60g (2 oz) ghee or butter
500g (1 lb) potatoes, peeled and finely diced
1 large onion, finely chopped

Method:

In a mortar, pound together the chopped medium onion, black pepper, chillies, ginger, garlic and salt until you have a smooth paste.

Heat the ghee or butter in a pan, add the chopped onion and fry lightly for about 5 minutes, or until golden brown. Now stir in the onion and spice paste with about 200ml (4/5 cup) water to form the gravy. Bring to a simmer and cook for 5 minutes then add the diced meat and potatoes.

Bring back to a simmer and cook for about 20 minutes, or until the potatoes are cooked through and tender. Serve hot, accompanied by rice.

Kofta Curry (Meatball Curry)

Kofta Curry (Meatball Curry) is a traditional Pakistani recipe for a classic curry of minced meat meatballs with chillies, spices and potatoes in a coconut milk, spice, onion and tomato gravy.

Although this version comes from Pakistan, the curry is also made throughout Northern India.

Ingredients:

For the Koftas (Meatballs):

500g (1 lb) minced meat
1 onion, finely minced
4 garlic cloves, finely minced
pinch of freshly-ground black pepper
pinch of ground cinnamon
pinch of ground cloves
pinch of ground cardamom
2 green chillies, finely chopped
2 medium potatoes, boiled until tender, peeled and mashed
1 tsp salt
1 egg, beaten
oil for frying

For the Curry:

1 large onion, finely chopped
3 tomatoes, finely chopped
1 tsp ground coriander seeds
1/2 tsp ground turmeric
1/2 tsp ground chillies
1/2 tsp ground cumin seeds
1/2 tsp ground ginger
120ml (1/2 cup) coconut milk
120ml (1/2 cup) water

Method:

In a bowl, mix together the minced meat, onion, garlic, spices, chillies, mashed potatoes and salt. Blend thoroughly to combine then add the egg to bind. Form the mixture into meatballs about the size of an apricot. Heat oil in a pan, add the meatballs and fry until nicely browned all over.

Remove the meatballs with a slotted spoon and set aside. Add the chopped large onion to the oil left-over in the pan and fry for about 5 minutes, or until golden brown. Then add the tomatoes and the spices. Fry for about 5 minutes more then stir in the coconut milk and water.

Bring to a simmer and add the meatballs. Cover with a lid and cook for 30 minutes, or until the meatballs are piping hot and cooked through. During this time shake the pan occasionally to gently move the meatballs about so that they do not stick to the bottom of the pan and burn.

Serve hot with rice.

Hara Mircha (Bell Pepper Curry)

Hara Mircha (Bell Pepper Curry) is a traditional Indian recipe for a classic curry of bell peppers stuffed with spiced mince that are baked to cook and served hot with rice. The full recipe is presented here and I hope you enjoy this classic Indian version of: Bell Pepper Curry (Hara Mircha).

Ingredients:

6 large, green, bell peppers
500g (1 lb) minced meat (lamb, beef or mutton typically) [substitute squash for a vegetarian version]
2 small, green, chillies, sliced
thumb-sized piece of fresh ginger, peeled and thinly sliced
2 large onions, thinly sliced
6 garlic cloves, thinly sliced
1 dessertspoon ground coriander seeds
60g (2 oz) unsalted butter or ghee
6 cloves
6 cardamom pods, crushed
salt, to taste
1 tsp ground cumin seeds

Method:

Melt the butter in a pan and when hot add the sliced ginger, onions and chillies. Cook for about 6 minutes, or until golden brown then add the meat, ground coriander seeds, cardamom pods, cloves and cumin. Season to taste with salt and fry for 5 minutes more.

Mash the garlic in a mortar then pound to a paste with 60ml (1/4 cup) water. Mix this with 200ml (4/5 cup) hot water then sprinkle over the meat mixture, bring to a simmer and cook for about 20 minutes, or until the meat is cooked through and tender. Take off the heat and set aside.

Take the bell peppers and carefully split down one side with a knife. Stuff with the mince mixture then seal closed. Arrange in a well-buttered casserole dish then transfer to an oven pre-heated to 160ºC (320ºF) and bake for about 15 minutes, or until the bell peppers are soft and the

stuffing is piping hot.

Serve immediately, accompanied by rice.

Lamb Dhansak

Lamb Dhansak (also known as Lamb Dhan Saag) is a traditional Indian recipe (from Goa) for a classic dish of rice and lamb where the lamb is cooked in the spiced vegetable puree stock used to cook the lamb.

Ingredients:

1kg (2 lb) lamb, cut into large pieces
225g (1/2 lb) lentils, washed and drained
3 onions, chopped
2 large potatoes, peeled and cubed
4 tomatoes, chopped
1 aubergine (eggplant), cubed
60g (2 oz) ghee or butter
juice of 1 lemon
2 tsp salt
1/2 tsp chilli powder
1/2 tsp ground coriander seeds
pinch of ground cinnamon
1/2 tsp ground turmeric
1/2 tsp ground cinnamon
pinch of ground cloves
2 green chillies
3 sprigs of fresh mint

Method:

Bring 1.25l (5 cups) to a boil in a large pan. When boiling add the meat and lentils along with the potatoes, tomatoes, onions and aubergine. Bring back to a boil, reduce to a simmer, cover the pan and cook for about 60 minutes, or until the meat is tender.

At this point remove the meat then strain the stock through a fine-meshed sieve. Press down on the solids with the back of a spoon to extract as much of the purée as possible. Return the meat and the stock to the pan then add the chilli, coriander seeds, cinnamon, turmeric, cumin, cloves, mint and green chillies. Stir in the ghee or butter an the lemon juice then season with the salt. Bring to a simmer and cook for 15 minutes more.

Traditionally, this is served with Badami Rung rice.

Sorpotel

Sorpotel is a traditional Indian recipe (from Goa) for a classic curry of pork and pork offal in a spiced vinegar, oil and coconut oil base with onions, garlic, ginger and chillies.

Ingredients:

1kg (2 lb) boneless pork, cubed
1 set of pork offal (typically: liver, heart, tongue and kidneys)
750ml (3 cups) water
12 dried red chilies
12 black peppercorns
12 garlic cloves
3cm (2 in) length of ginger
1 tsp cumin seeds
8 cloves
2 cinnamon sticks (each 3cm long)
60ml (1/4 cup) vinegar
120ml (1/2 cup) oil (typically coconut oil)
25ml (1 1/2 tbsp) coconut Feni (this is an alcohol made from coconut sap. Substitute arrack or coconut vodka)
salt, to taste
6 green chillies, finely chopped
4 medium onions, finely chopped

Method:

Wash the offal, trim it neatly, remove the vessels from the liver, the valves from the heart and core the kidneys. Place the meat and offal in a large pan, add the 750ml (3 cups) water, bring to a boil and cook for 10 minutes. Take off the heat, allow to cool then remove the meats and dice finely. Reserve the cooking liquid.

In a blender, combine the red chillies, black peppercorns, garlic, ginger, cumin seeds, cloves and cinnamon. Grind as finely as you can, then add the vinegar and render to a smooth paste.

Heat the oil in a pan add the meats and fry over medium heat, stirring frequently, until lightly browned. Stir in the spice paste and fry, stirring constantly, for five minutes. Now stir in the Feni, chopped chillies and chopped onions. Season to taste with salt and stir in the reserved cooking water from the meats.

Bring the mixture to a simmer, cover the pan then reduce the heat and simmer gently for 45 minutes, stirring occasionally. It is done when the oil separates and the gravy has thickened.

Serve hot.

Hussainee Beef Curry (Beef Curry on Sticks)

Hussainee Beef Curry (Beef Curry on Sticks) is a traditional Indian recipe for a classic dish of beef threaded on skewers with ginger and onion that's cooked in a yoghurt spice blend and served on the skewer with flatbreads.

Ingredients:

1kg (2 lb) beef
45g (1 1/2 oz) ghee or butter
1/2 tsp salt

4 tsp onions, ground in a mortar
1 tsp ground turmeric
1/2 tsp ground ginger
120ml (1/2 cup) water
1/4 tsp garlic, ground in a mortar
1/2 tsp chilli powder
thumb-sized piece of ginger, finely sliced
3 small onions, sliced into wedges
150ml (3/5 cup) natural yoghurt

Method:

Cut the beef into 3cm cubes. Take six skewers, each about 15cm (6 in) long and thread the meat onto them, alternating a cube of beef with a sliver of ginger and a piece of onion.

Heat the ghee into a pan and then stir in the spices and water. Bring to a simmer and cook, stirring constantly, until the mixture begins to brown. Add the skewers to the pan along with the yoghurt. Spoon the yoghurt and spice mix over the meat over and over until they are thoroughly impregnated with the mixture.

Cover with a tight-fitting lid and simmer over very low heat for two hours, or until the meat is very tender. Carefully transfer the kebabs onto a warmed serving dish and serve accompanied by chapatis or parottas.

This dish is also traditionally made with mutton, liver and game.

Madras-style Leftovers Curry

Madras-style Leftovers Curry is a traditional Anglo-Indian recipe for a classic Madras-style curry of leftover meat and potatoes in a spiced meat stock base.

Another classic Anglo-Indian curry for leftovers, this time in the Madras style

Ingredients:

225g (1/2 lb) leftover cold beef or mutton, sliced
500g (1 lb) hot, mashed, potatoes
60g (2 oz) ghee, butter or mustard oil
3 onions, sliced
1/2 tsp salt
150ml (3/5 cup) meat stock
2 tbsp vinegar
1/2 tsp hot chilli powder
6 garlic cloves, sliced lengthways
2 tbsp parsley, finely chopped
1 tbsp mint, finely chopped
salt and freshly-ground black pepper, to taste

Method:

Heat the ghee, butter or mustard oil in a heavy-based pan and heat until smoking. Add the

onion and fry for a few minutes until golden brown then add the chilli powder and garlic. Fry for 5 minutes over medium-high heat, stirring constantly.

Add the meat slices and stir to combine then pour over the meat stock and vinegar. Simmer for 10 minutes, or until heated through. Mix the hot mashed potatoes with the herbs and season to taste with salt and black pepper. Use to form a wall around a warmed serving plate. Spoon the meat mixture into the centre and serve immediately.

Kurmanash

Kurmanash is a traditional Indian recipe for a classic curry of beef steaks coated with a ginger, chilli and onion paste that's simmered in water and ghee until the liquid evaporates.

Ingredients:

1kg (2 lb) beef, sliced into steaks
thumb-sized piece of ginger, peeled and finely chopped
2 green chillies, finely chopped
2 onions, chopped
600ml (2 1/2 cups) water
115g (1/4 lb) ghee, butter or mustard oil
1 tbsp vinegar
1/2 tsp salt

Method:

In a bowl, mix together the ginger, chillies, onions and salt. Arrange the meat on a work surface and spread a layer of the onion mix over each slice.

Combine the oil, water and vinegar in a pan. Lay in the beef, bring to a simmer then cover the pan with a tight-fitting lid. Simmer gently until all the liquid has evaporated and the meat is very tender. Arrange the meat slices on a warmed dish and serve.

Buffado

Buffado is a traditional Indian recipe (from Goa) for a classic stew of cabbage and duck with vinegar.

Ingredients:

1 plump duck, oven-ready
1 cabbage, quartered and cored and each piece halved again
1 tsp ground turmeric
600ml (2 1/2 cups) water
1 tsp salt
6 large onions, peeled and halved
1 tbsp butter, ghee or mustard oil
3 green chillies, sliced lengthways into strips
6 garlic cloves, chopped
thumb-sized piece of ginger, peeled and finely sliced

120ml (1/2 cup) vinegar

Method:

Arrange the cabbage in the base of a large, deep, saucepan. Arrange the dock, whole, on top. Stir the saffron and salt into the water and pour over the duck then add the onions, chillies, ginger and garlic. Pour over the butter or oil, bring to a boil and cover with a tight-fitting lid.

Continue boiling for 60 minutes, or until the duck is tender. At this point, check that the duck is cooked through. If not, cook longer. If the duck is cooked, add the vinegar and serve immediately.

Methi Kalia (Spicy Fenugreek Meat)

Methi Kalia (Spicy Fenugreek Meat) is a traditional Bangladeshi recipe for a classic dish of red meat cooked slowly with onions in a spicy fenugreek stock base until almost completely dry and which is served with flatbreads and rice

Ingredients:

1kg (2 lb) cubed meat (beef, mutton or goat, typically)
1 large onion, sliced
100g (1 cup) onion or shallots, pounded to a smooth paste
3 tbsp ginger, pounded to a paste
1 tbsp garlic, pounded to a paste
1 tbsp ground coriander seeds
1 tbsp chilli powder
1/2 tsp ground turmeric
1 tsp ground cumin seeds
2 tsp fenugreek seeds, dry fried until aromatic and pounded to a paste in a mortar
5cm (2 in) length of cinnamon stick
1 bayleaf
120ml (4 oz) ghee or groundnut oil
salt, to taste

Method:

Combine the onion paste, ginger paste and garlic paste in a bowl then work in the chilli powder, turmeric, cumin seeds and fenugreek seeds. Stir well to combine then add 2 tbsp of the oil and salt to taste. Add the meat to this mixture and toss to coat. Add the cinnamon stick and bayleaf then cover the bowl and set aside to marinate for at least 30 minutes.

When the meat has marinated sufficiently, add the remaining oil to a wok or kadhai. When the oil is hot, add the sliced onions and fry for about 5 minutes, or until golden brown.

Now add the meat and its marinade and continue cooking, stirring frequently, until the mixture is almost dry. At this point, stir in 120ml water, bring back to a simmer, cover with a tight-fitting lid and cook gently until the meat is tender. Check every now and then and add more water, as needed. Typically, you will need about 1.2l water and it will take about 60 minutes.

Adjust the salt, to taste then take off the heat and turn the curry into a serving dish. Serve

immediately, accompanied by rotis, parathas, naan breads or rice.

Serpathala

Serpathala is a traditional Indian recipe (from Goa) for a classic curry of pork and pig offal in a spiced pig's blood base acidified with vinegar and tamarind juice.

Essentially this is a vindaloo-style dish, in that the base flavours remain vinegar, tamarind and garlic, with the exception that this dish is made from pig offal cooked in pig's blood.

Ingredients:

30g (1 oz) tamarind pulp
600ml (2 1/2 cups) pig's blood
1 pig's heart
1 pig's liver
115g (1/4 lb) boneless pork
120g (4 oz) ghee or mustard oil
6 dried chillies, finely ground
1/2 tsp freshly-ground black pepper
1 tsp ground cumin seeds
1/2 tsp ground cinnamon
12 cloves, ground to a powder
1/2 tsp salt
1/2 tsp ground turmeric
10 banana shallots, thinly sliced
150ml (3/5 cup) malt vinegar
6 green chillies, finely chopped
1/4 tsp ground ginger
3 garlic cloves, mashed
3 garlic cloves, finely chopped

Method:

Place the tamarind pulp in a bowl, pour over enough boiling water to cover, mash the pulp then set aside to soak for an hour. After this, strain through a double-layer of muslin, squeezing to extract as much of the liquid as possible.

Pour the pig's blood into a pan, bring to a boil and continue boil until it turns black. Take off the heat and set aside. Trim the pig's heart and liver, removing any vessels, membranes and valves. Bring a pan of water to a boil, add the salt, along with the pork offal and meat and continue boiling for 20 minutes. Remove the meats from the liquid and chop finely.

Melt half the ghee in a pan, add the pork meats along with the saffron and fry until browned. Turn into a bowl and set aside. Add the remaining ghee to the pan and use to fry the shallots for about 6 minutes, or until golden brown. Remove with a slotted spoon and set aside. Stir the dried chillies, pepper, cumin, mashed garlic, cloves and cinnamon and fry for a couple of minutes, or until aromatic.

Turn the mixture into a heavy-based pan and mix in the shallots. Add the vinegar and

tamarind juice then add the meats and blood along with the remaining garlic, the ginger and the green chillies. Stir to mix then bring to a simmer. Cover the pan and cook gently for 60 minutes, or until the gravy is very thick.

Serve hot, accompanied by rice.

Batak Raichat (Duck Raichat)

Batak Raichat (Duck Raichat) is a traditional Indian recipe for a classic dish of duck pieces that are fried to colour and stewed in fresh coconut milk with onion, ginger, sugar, garlic and chillies.

Ingredients:

1 large duck
2 tbsp onions, chopped
1 tbsp ginger, chopped
1 tbsp green chillies
1 dessert spoon garlic, chopped
1 tbsp Jaggery (raw cane sugar)
flesh from 1 coconut, very finely grated
1 tbsp ground coriander seeds
2 tbsp vinegar
salt, to taste

Method:

Wash the duck then cut into serving pieces.

Place the grated coconut into a bowl and pour over 300ml warm water. Use your hands to work the water into the coconut. Set aside to steep for 20 minutes then wring out the liquid from the coconut. Repeat this process once again. Keep the two coconut milks separate.

Place the duck pieces in a casserole dish and pour over the second extract of coconut milk and 200ml water. Secure a lid on top and transfer to an oven pre-heated to 180ºC (360ºF). Cook for about 60 minutes, or until the duck is tender. Remove from the oven and take out the duck pieces. Skim the duck fat from the liquid in the pan and pour into a frying pan.

When the duck fat is hot, add the duck pieces and fry until nicely browned all over. Remove with a pair of tongs and set aside to keep warm. Add the onions, ginger, chillies, garlic and coriander to the fat remaining in the pan and fry for 5 minutes. Return the duck pieces to the pan and add the sugar, vinegar and salt. Bring to a simmer and cook for five minutes more then stir in the first extract of coconut milk.

Bring the mixture to a boil and cook until the gravy thickens. Serve hot accompanied by plain boiled rice, a dhal dish and yoghurt.

Sheikh Mahshi

Sheikh Mahshi is a traditional Indian recipe (from north India and based on a Person original) for a classic dish of aubergines stuffed with a mix of left-over meat, rice, aubergine

flesh, onion and tomato that's steamed in butter to finish.

This is a North Indian dish that has its roots in Iran, but which arrived in India via the Zoroastrian exoduses.

Ingredients:

4 aubergines (eggplants)
225g (1/2 lb) leftover cold meat
150g (5 oz) boiled rice
1 large onion, finely chopped
1 large tomato, finely chopped
120g (4 oz) butter
4 garlic cloves, chopped
4 sprigs of parsley, chopped
1 tsp ground cumin
1 tsp turmeric powder
2 lemons

Method:

Remove the stem and then trim off the stem end and a small piece of the base from the aubergines (reserve the stem end). Take a potato peeler and peel each aubergine lengthways in alternate strips (so that you have one strip with no skin, followed by a strip with skin, etc).

Take a long-handled spoon and, starting from the stem end of each aubergine, remove as much of the core of the vegetable as you can, without weakening the shell. Perforate the outside many times with a fork then place in a bowl of salted water and soak for 15 minutes. Drain the aubergines, then melt half the butter in a pan, add the aubergines and fry until nicely browned all over. Remove the aubergines and set aside. Add the meat, garlic, cumin and turmeric to the butter remaining in the pan and fry briskly for 2 minutes then turn into a bowl and mix with the onion, tomato and parsley.

Use this mixture to stuff the aubergines and replace the stem end. Place the remaining butter in a large pan an heat to melt. Add the stuffed aubergines and 4 tbsp water. Zest the lemons and squeeze out their juice. Add the juice and zest to the pan. Bring to a simmer, ad a tight-fitting lid and cook gently for about 20 minutes, or until the aubergines are tender all the way through.

Serve hot.

Sathe Curry

Sathe Curry is a traditional Sri Lankan recipe for a classic curry of spiced cooked beef in a coconut milk base with spices, chillies, lime juice and pandan leaf.

Ingredients:

500g (1 lb) cooked beef (boiled or roasted, cut into 3cm [1 in] cubes)
For the Spice Seasoning:
1 tsp (heaped) curry powder
1/2 tsp freshly-ground black pepper

1/4 tsp chilli powder
1/4 tsp ground cinnamon
1/8 tsp ground cloves
1/8 tsp ground cardamom
pinch of ground ginger
1 tsp fresh ginger, pounded to a paste
1 tsp garlic, crushed
1 dessertspoon vinegar
salt, to taste

For the Curry:
5 tbsp coconut oil or ghee
24 baby red onions, peeled
350ml (1 2/5 cups) coconut milk
1 tsp (heaped) cornflour or rice flour
5cm (2 in) length of rampe (pandan) leaf
12 red onions, sliced
1/8 tsp ground turmeric
3 green chillies, sliced
1 sprig curry leaves
juice of 1 large lime
salt, to taste
4 red chillies, sliced into thin strips, lengthways, to garnish

Method:

Combine all the spice seasoning ingredients in a bowl and mix thoroughly. Add the beef pieces and toss to combine. Cover the bowl and set aside to marinate for 60 minutes.

Alternately thread the beef cubes and the baby red onions onto skewers (add 4 beef pieces and 3 onion pieces on each skewer).

Heat 3 tbsp of the oil or ghee in a heavy-based shallow pan. When hot add the skewers and fry the beef for about 20 minutes, or until well browned all over. At this point remove the meat and set aside on a dish.

Add the remaining oil to another pan and when hot add the curry leaves, pandan leaf, sliced red onions and green chillies. Fry until the onions are golden brown (about 6 minutes) then scatter over the cornflour (or rice flour) and stir to combine. Scatter over the turmeric then pour in the coconut milk and stir to combine. Season to taste with salt and stir in the lime juice. Bring to a simmer and cook until the sauce is thick. Remove the pandan leaf, pour over the beef and garnish with the strips of red chilli.

Ox-heart Black Curry

Ox-heart Black Curry is a traditional Sri Lankan recipe for a classic curry ox heart marinated with vinegar and which is cooked in a grated coconut, spice, chilli and herb base with lime juice.

Ingredients:

1 large ox-heart
300ml (1 1/4 cups) vinegar
2 garlic cloves, sliced
4 slices of ginger (each 2cm thick)
10 onions, finely sliced
2 cloves, ground to a powder
3cm (1 in) length of cinnamon stick
seeds from 6 cardamom pods, ground to a powder
100g (3 1/2 oz) freshly-grated coconut
1 tbsp coriander seeds
6 curry leaves
1 tsp white cumin seeds
1/2 tsp sweet cumin seeds
12 dried red chillies
1 dessertspoon ghee or cooking oil
1 stick lemongrass, tough outer layers removed
1 piece of rampe (pandan) leaf
1 tsp fennel seeds
1 tbsp small shallots, sliced
juice of 2 limes
500ml (2 cups) water
1 tsp palm sugar (or brown sugar)
salt, to taste

Method:

Halve the ox heart, remove any valves and hard bits of blood vessels then slice the ox heart, wash well, place in a bowl, pour over the vinegar and set aside to soak. Prepare the vegetables then add the cloves, garlic, ginger, sliced onions, cinnamon and cardamoms to the heart soaking vinegar.

Heat a non-stick pan over medium-high heat. When hot add the grated coconut and dry-fry until dark brown all over. Turn into a bowl. Combine the coriander seeds, curry leaves, white cumin, sweet cumin and dried chillies in a coffee grinder. Render to a fine powder then mix with the toasted coconut.

Heat the ghee or oil in a frying pan. Add the lemongrass and pandan leaf, fennel seeds and the shallots. Fry until browned then add the coconut and spice blend. Stir to combine then add the heart and its soaking vinegar. Pour in the water and lime juice. Bring the mixture to a boil, reduce to a simmer, cover and cook for about 80 minutes, or until the heart is quite tender.

Check that the sauce is thick (if needed cook uncovered, until thickened). Take off the heat, stir in the palm sugar and serve hot with rice.

Vindaloo

Also known as Bindaloo, this is a cooking style that the Portuguese introduced to Goa. Traditionally made with pork, it can also be made with beef, mutton, goat or duck. The name, Vindaloo is derived from the Portuguese *vinho d'alhos* (literally 'wine with garlic'). Later, potatoes were added to the base recipe, probably due to conflation of the name and the Hindi 'aloo', meaning potatoes.

Ingredients:

1kg (2 lb) pork meat (or use beef, mutton or duck), cubed
180ml (2/3 cup) mustard oil or ghee
1 whole head of garlic, cloves separated, chopped and mashed
3 tbsp Vindaloo Curry Spice Powder
60ml (1/4 cup) Vindaloo Curry Paste
100ml (2/5 cup) malt vinegar
1/2 tsp sea salt

Method:

In a bowl, whisk together the garlic, curry spice powder, curry paste, vinegar and salt in a bowl. Add the meat, toss to combine, cover with clingfilm and set aside to marinate in the refrigerator over night.

The following day, drain the meat (reserve the marinade). Heat the mustard oil or ghee in a pan and when hot, add the meat and fry until golden brown all over. Add the reserved marinade, bring to a simmer, cover and cook very gently for about 100 minutes, or until the meat is very tender.

Serve hot, with rice.

Dry Leftovers Jalfrezi

Dry Leftovers Jalfrezi is a classic Anglo-Indian curry dish of leftover meat cooked in a spicy sauce base such as the sauce evaporates to become almost dry.

Ingredients:

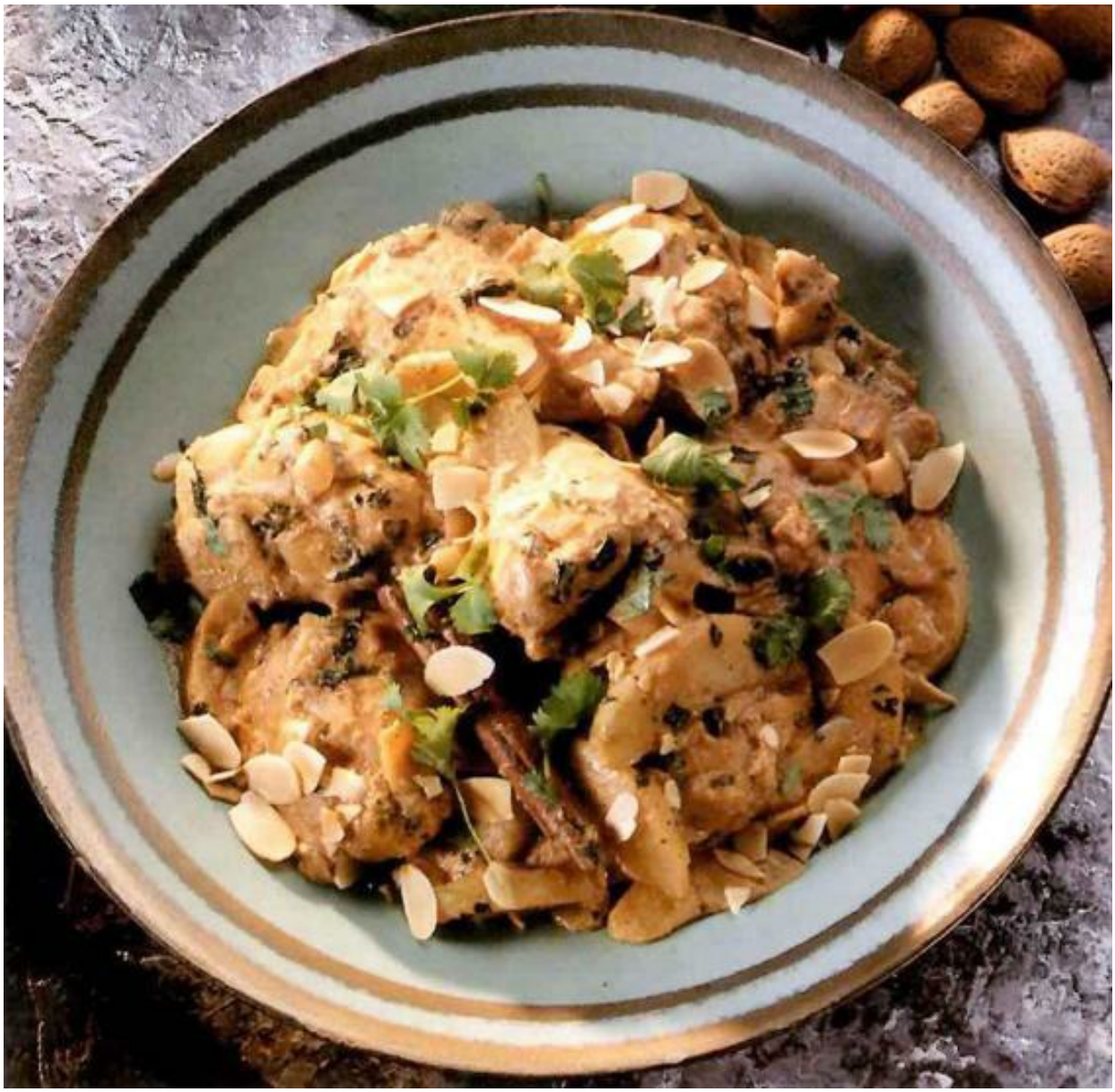
500g (1 lb) left-over cooked meat, finely diced
10 black peppercorns, finely ground
1 tsp ground, dried, chillies
1 tsp salt
60g (2 oz) ghee or butter
500g (1 lb) potatoes, peeled and finely diced
1 large onion, finely chopped

Method:

Heat the ghee or butter in a pan, add the onion and fry lightly for about 5 minutes. Add the meat and potatoes and stir to combine. Season with the salt, black peppercorns and chilli powder. Mix thoroughly to combine and cook for about 20 minutes, or until the potatoes are tender and the mixture is almost dry.

Serve hot.

Chicken-based Curries.



Because of the various cultural and dietary restrictions found throughout the populations of the Indian sub-Continent, chicken tends to be the most popular meat by far (for those who eat meat) and as a result there is a very wide range of meat-based curries found throughout the region. A number of these recipes are brought together here.

Tandoori Chicken

Tandoori Chicken is a traditional Indian recipe for a chicken grilled in a spiced yoghurt coating. The version presented here is the classic Indian Restaurant form of the dish.

A truly classic Indian dish that's easier to make than most people think and which goes down a storm at barbecues.

Ingredients:

1 medium onion (finely chopped)
6 cloves garlic (finely chopped)
5cm (2 in) piece of ginger (finely chopped)
3 tbsp lemon juice
240ml (1 cup) yogurt
1 tbsp ground coriander
1 tsp ground cumin
1 tsp ground turmeric
1 tsp Garam Masala
1/4 tsp ground mace
1/4 tsp ground nutmeg
1/4 tsp ground cinnamon
4 tbsp olive oil
2 tsp salt
1/4 tsp ground pepper
1/4–1/2 tsp ground cayenne pepper (optional)
1/4 tsp sumac for red colouring (optional)

Method:

First make the basic spice blend for Garam Masala by adding the 6 spices at the top of the list to a pestle and mortar and grinding to mix to a fine powder (If stored in a tightly-covered container, away from sunlight and dampness, this will keep for a couple of months. Makes about a cup.)

Add the onion, garlic, ginger and lemon juice into the beaker of a hand blender and blitz at high speed until it forms a smooth paste. Tip into a bowl and mix wit the yoghurt, coriander, cumin, turmeric, Garam Masala, mace, nutmeg, cinnamon, olive oil, salt, ground pepper, cayenne pepper and sumach.

Now prepare the chicken by skinning 6 chicken legs and 3 chicken breasts. Then, with a sharp knife make 3 diagonal slashes on each breast and two diagonal slashes on each thigh, going halfway to the bone, then jab each drumstick 4 or 5 times. Put the chicken in the marinade prepared above and thoroughly rub the mixture into each piece. Cover and leave refrigerated for 24 hours. Where possible, turn the chicken 4 or 5 times while it is marinating.

To cook heat a grill, shake excess marinade from the chicken pieces and cook for 4–5 minutes per side. Then, return the chicken to a casserole dish containing the excess marinade and cook in a pre-heated over at 150ºC (300ºF) for another 20–25 minutes, turning half-way through and basting with the marinade. For extra crispness, dribble a bit of oil along the length of the chicken pieces near the end and place back under the grill.

Garnish with a thinly-sliced fried onion and slices of lemon cut lengthwise. Serve with pilau rice.

Chicken Chana Dhal (Chicken with Lentils)

Chicken Chana Dhal (Chicken with Lentils) is a traditional Indian recipe for a classic dish

of chicken cooked in a tomato and chilli-based curry with yellow lentils.

This dish has an unusual combination of flavours; the amchoor gives a wonderful tanginess flavour.

Ingredients:

2 tsp Amchoor (dried mango)
6 Bird's eye Chillies
1 tsp Black mustard seeds
1/2 tsp Cayenne pepper
75g (3 oz) Chana Dhal (Split Yellow Lentils)
450g (1 lb) Chicken cut into bite-sized pieces
1 tsp coriander seeds
4 tbsp corn oil
4 curry leaves
1 tbsp Fresh coriander leaves, chopped
2 Leeks, chopped
2 Red Tomatoes, chopped
1 tsp Sea Salt

Method:

Rinse the lentils and remove any stones or grit. Place in a saucepan, cover with water and boil until soft but not mushy, about 10 minutes. Drain and set aside.

Meanwhile, heat a *karahi* or wok and dry-roast the coriander seeds until they crackle Remove and set aside to cool.

Heat the oil in the wok then add the leeks, bird's eye chillies, curry leaves and mustard seeds. Stir-fry on a gentle heat for 3-4 minutes. Add the amchoor, chopped tomatoes, cayenne, sea salt & chicken pieces together with the roasted coriander seeds (after grinding) and stir-fry for about 7-10 minutes. Add the lentils and cook for another couple of minutes.

Serve garnished with coriander.

Balti Chicken Pasanda

Balti Chicken Pasanda is a traditional Indian recipe for a classic Balti-style curry of chicken in a creamy pasanda sauce.

Ingredients:

For The Marinade:

1 tbsp ground almonds
2 tsp Balti Garam Masala
1/2 tsp black cumin seeds
6 black peppercorns
1 tsp Cayenne Pepper
3cm (1 in) length Cinnamon Bark
2cm length Fresh Root ginger, crushed

1 Garlic Clove
4 tbsp Greek Yoghurt
4 Green Cardamom Pods
1 tsp Sea Salt

For The Pasanda:
675g (1 1/2 lb) Chicken, Cubed
2 tbsp Chopped Fresh coriander leaves
3 Fresh Green Chillies, chopped
5 tbsp Corn Oil
2 Onions
120ml (1/2 cup) Single Cream

Method:

Dry-roast the cinnamon, cardamoms and black peppercorns over a medium to high heat, adding the black cumin seeds towards the end. Allow to cool.

Mix the yoghurt with the Balti Garam Masala, ground almonds, garlic, ginger, cayenne, chilli, salt plus the dry-roasted whole spices. Add to the chicken pieces, and mix thoroughly so that the chicken is completely coated. Place in the fridge and allow to marinate for at least 2 hours.

Heat the oil in a karahi or wok and stir-fry the onions for 2–3 minutes. Throw-in the marinated chicken mix, give it a good stir and cook on a medium heat until the chicken is cooked and the sauce thickened (about 15 minutes).

Mix in the chopped green chillies and coriander and pour in the cream. Keep stirring, bring just to the boil and serve with pilau rice.

Chicken Tikka

Chicken Tikka is a traditional Indian recipe for a classic version of chicken in a yoghurt, chilli and turmeric sauce cooked from scratch.

Ingredients:
4 Chicken Breast Fillets
4 tbsp natural yoghurt
1/2 tsp Red Chilli Powder
1/2 tsp Salt
2 tbsp Vegetable Oil
1/2 tsp turmeric

Method:

This is a lighter dish that the lamb tikka and although only lightly spiced it is succulent and very tasty. Essentially the tikka sauce is a cut-down version of the standard tandoori sauce (which is why it is included here).

Cut each breast fillet into six equal-sized chunks then dry with kitchen paper. Place all other ingredients in a bowl and whisk until smooth. Add the chicken pieces to this, mix well,

cover with clingfilm and refrigerate for a minimum of six hours (preferably for 12 hours or more).

When ready pre-heat your oven to at least 220ºC (430ºF) then shake-off the excess marinade from the chicken and place the pieces on a wire rack insert into a roasting tin and bake near the top of your oven for a minimum of ten minutes, or until cooked through.

Serve immediately with lemon wedges and a yoghurt mint sauce.

Chicken Shashlick

Chicken Shashlick is a traditional Pakistani recipe for a classic chicken, bell pepper and tomato curry with soy sauce.

Ingredients:

1kg (2 lb) boneless chicken meat, cut into 3cm (1 in) cubes
2 tsp salt
1 tsp hot chilli powder
2 green bell peppers, cut into 3cm (1 in) chunks
6 medium onions, sliced into chunks
6 small, hot, green chillies, sliced into fine rounds
500g (1 lb) tinned, chopped, tomatoes
120ml (1/2 cup) tomato purée
3 tbsp soy sauce
3 tbsp oil

Method:

Add the oil to a pan and use to gently fry the chicken until cooked through (about 15 minutes). Add the onions and chillies and fry for 1 minute then add the bell peppers and fry for 1 minute more before adding he chopped tomatoes and tomato purée. Stir to combine then add the remaining ingredients. Bring to a gently simmer and cook for about 30 minutes, or until the bell peppers are soft but still retain a bite.

Serve hot with boiled rice.

Murga aur Kanguchi (Chicken and Mushrooms)

Murga aur Kanguchi (Chicken and Mushrooms) is a traditional Indian recipe for a classic dish of chicken cooked with mushrooms in a chilli, ginger and garlic sauce flavoured with curry spices.

Ingredients:

2 tbsp olive oil
1 large onion, thinly sliced
2 garlic cloves, thinly sliced
1 tsp ginger, finely chopped
1/4 tsp crushed chilli flakes
1 tsp ground turmeric

1.3kg (3 lb) whole chicken cut into 6 serving pieces
2 cloves
1/4 tsp ground cinnamon
1/4 tsp black pepper
1 tsp salt
4 green cardamom pods, crushed
225g (1/2 lb) small mushrooms (your preference)
1 large tomato, finely chopped

Method:

Heat the oil in a wok or pan and use to fry the onions, garlic and ginger for about 5 minutes, or until soft. Now stir-in the chillies and turmeric and fry for 1 minute more before adding 1 tbsp water to form a paste. Bring to a rapid boil and cook for 1 minute before adding the chicken.

Fry for 5 minutes, turning frequently, until the chicken is browned all over. Now add 60ml (1/4 cup) water along with the cloves, cinnamon, pepper, salt and cardamoms. Stir well to combine then add the mushrooms and tomato. Fry for 1 minute then add 250ml (1 cup) more water.

Bring the mixture to a boil, reduce to a simmer then cover the pan and cook for about 30 minutes, or until the chicken is tender and cooked through. Remove the lid of the pan and bring the mixture back to a boil. Continue cooking briskly until the sauce is thick then serve immediately on a bed of rice.

Gadjar Murghi Meetha (Chicken and Carrot Stew)

Gadjar Murghi Meetha (Chicken and Carrot Stew) is a traditional Indian recipe for a classic dish of chicken cooked with carrots in a ginger, garlic and onion sauce flavoured with lemon juice and spices.

Ingredients:

2 large carrots, coarsely grated
2 tbsp olive oil
1 garlic clove, finely chopped
1 tsp ginger, finely chopped
1 onion, finely chopped
1/4 tsp ground turmeric
1 tsp salt
1/2 tsp freshly-ground black pepper
1.3kg (2 lb) chicken meat, cubed
500ml (2 cups) water
2 Malabathrum (Indian Bay Leaves) (or substitute cassia bark)
4 green cardamom pods, lightly crushed
3 tbsp lemon juice
1 tbsp brown sugar

Method:

Heat the oil in a wok and use to stir-fry the carrots over medium heat for about 3 minutes. Remove with a slotted spoon and set aside. In the same oil fry the garlic, ginger, onion, turmeric, salt and black pepper for about 2 minutes before adding the chicken. Stir-fry the meat until well browned all over then add the water, bay leaves and cardamom.

Bring the mixture to a boil then reduce to a simmer, cover the pan and cook for about 25 minutes, until the chicken is cooked through and tender. Now stir-in the carrots along with the lemon juice and brown sugar. Mix to combine then bring back to a boil, reduce to a simmer, cover and cook for 20 minutes more.

Remove and discard the bay leaves and cardamom pods then serve hot on a bed of rice.

Chicken and Broccoli in a Curried Yoghurt Sauce

Chicken and Broccoli in a Curried Yoghurt Sauce is a traditional Anglo-Indian recipe for a classic dish of chicken cooked with broccoli in a yoghurt-based sauce flavoured with garlic, ginger, chillies, curry powder and curry spices.

Ingredients:

1 small onion, finely chopped
5 garlic cloves, finely chopped
3cm (1 in) length of ginger, grated
1 medium hot chilli, finely chopped
1 tbsp butter
1 tsp curry powder
1/2 tsp ground cumin seeds
1/2 tsp ground green cardamom seeds
6 chicken breasts
180ml (2/3 cup) chicken stock
1 head of broccoli (with stalk), chopped
1 tbsp coriander (cilantro) leaves, finely chopped
180ml (2/3 cup) plain yoghurt
juice of 1 lemon

Method:

Melt the butter in a pan or wok and use to fry the onion, garlic, ginger and chilli for about 5 minutes, or until the onion is soft. Stir-in the curry powder, cumin and cardamom and cook for 1 minute more. Add the chicken and stir-fry for 2 minutes before adding the stock. Bring the mixture to a boil then reduce to a simmer, cover and cook for 10 minutes, turning the chicken breasts over half way through.

After the 10 minutes are up remove the chicken from the pan and set aside. Meanwhile, add the broccoli and coriander then cover and cook for 5 minutes. At the end of this time remove the broccoli with a slotted spoon and set aside. Bring the pan back to a boil and continue cooking until the liquid has almost all evaporated before returning the chicken and broccoli to the pan.

Stir-in the yoghurt and allow the mixture to heat through (but do not boil). Stir-in the lemon

juice and serve on a bed of rice.

Chicken Makhani

Chicken Makhani is a traditional Bangladeshi recipe for a classic curry of chicken with yoghurt flavoured with spices in a tomato-based sauce with fenugreek leaves and coriander (cilantro)

Ingredients:

900g (2 lb) chicken thighs
250ml (1 cup) plain yoghurt
3cm (1 in) piece of ginger, grated
8 garlic cloves, grated
2 tbsp lime juice
10cm (4 in) length of cinnamon
8 cloves
8 green cardamom pods, crushed
10 black peppercorns
1 tbsp oil
1kg (2 lb 3 oz) ripe tomatoes, roughly chopped
1 tsp dried methi (fenugreek) curry leaves
1 tbsp ground white pepper
2 tbsp cream
450g (1 lb) unsalted butter
salt, to taste
coriander (cilantro) leaves, chopped for garnish

Method:

Clean and skin the chicken thighs and place in a bowl. In a separate bowl mix together the yoghurt, ginger, lime juice, garlic, cinnamon, cloves, cardamom pods, peppercorns and oil. Pour the yoghurt and spice mix over the chicken and toss to coat. Cover and set aside to marinate in the refrigerator for at least 6 hours (preferably overnight).

The following day, arrange the chicken pieces in a roasting dish and pour the marinade over the top. Transfer to an oven pre-heated to 130ºC (265ºF) and bake for 10 minutes. Remove from the oven and set aside to cool.

In the meantime, add the tomatoes to a pot and bring to a boil. Continue cooking until the mixture has reduced in volume by half then take off the heat, allow to cool slightly and press through a fine-meshed sieve. Retain the liquid and discard the seeds and skins remaining in the sieve.

Transfer the tomato sauce to a clean pan and when hot add the butter. Continue cooking until the butter has melted then add the white pepper, salt, fenugreek leaves and the cream. Add the chicken pieces to this sauce and continue cooking (simmering gently) for about 30 minutes or until the chicken is thoroughly cooked through. Transfer to a serving bowl, top with the chopped coriander and serve hot with rice.

Deccan Chicken Curry

Deccan Chicken Curry is a traditional Indian recipe for a classic curry of chicken cooked in stock made with tomato pure and grated coconut flavoured with fairly mild and aromatic spices.

This is a classic coconut-based curry from the South of India.

Ingredients:

1 large onion, sliced
2 tbsp vegetable oil
2 garlic cloves, sliced
2 green cardamom pods, crushed
2 cloves, crushed
5cm (2 in) length cinnamon stick
2 tsp Garam Masala
1 tsp chilli powder
4 large chicken joints, skinned
100g (1/2 cup) tomato purée
300ml (1 1/4 cups) water
1/2 fresh coconut, coarsely grated
zest of 1 lemon, to garnish

Method:

Heat the oil in a large pan over medium heat and use to fry the onions, garlic, cardamoms, cloves, cinnamon, garam masala and chilli powder for about 5 minutes, stirring constantly.

Lower the heat and cook gently for a further 5 minutes, stirring frequently. Raise the heat and add the chicken pieces along with the tomato purée. Turn the chicken pieces frequently in this mixture to ensure even coating. Add the water and bring the mixture back to a boil, stirring and turning the chicken to coat once more.

Now add the coconut, cover the pan and simmer gently for 1 hour, or until the chicken is very tender. Once ready, transfer to a warmed serving dish, garnish with grated lemon zest and serve with rice.

Murgh Rasedaar (Chicken Leg Curry)

Murgh Rasedaar (Chicken Leg Curry) is a traditional Indian recipe for a classic curry of chicken legs cooked in a blend of fried onion and spices with tomato puree, ginger and lemon juice that's finished with yoghurt.

Ingredients:

225g (1/2 lb) onions, finely chopped
2 garlic cloves, chopped
120ml (1/2 cup) ghee
3 tbsp tomato purée
1 tsp ginger, freshly-grated
1 tbsp lemon juice

1 tsp ground turmeric
1 tsp cayenne pepper
8 whole chicken legs
150ml (3/5 cup) plain yoghurt
360ml (1 1/2 cups) hot water
salt, to taste
1 tsp garam masala
1 black cardamom pod
2 green cardamom pods
4 black peppercorns
4 cloves
5cm (2 in) length of cinnamon stick

Method:

Melt the ghee in a pan, add the onion and fry for about 10 minutes, or until golden brown then stir in the black cardamom, green cardamom pods, black peppercorns, cloves and cinnamon. Stir-fry for 2 minutes then stir in the tomato purée, ginger, lemon juice, turmeric and cayenne pepper.

Blend thoroughly then toss the chicken legs in this mixture to coat. Bring to a simmer and cook for 10 minutes, stirring constantly. In the meantime, blend together the yoghurt, hot water and salt. Pour this into the pan and stir to combine.

Bring to a boil, cover and reduce to a simmer. Cook gently for 30 minutes, or until the chicken is very tender. Sprinkle the garam masala over the mixture and stir to combine.

Cook for a further 5 minutes then serve immediately, accompanied by rice.

Chicken Vindaloo

Chicken Vindaloo is a traditional Indian recipe (from Goa) for a classic curry of chicken and onions cooked in a traditional spicy and sour vindaloo paste.

Ingredients:

60ml (2 oz) ghee
500g (1 lb) skinless and boneless chicken breasts cut into 3cm (1 in) cubes
400g (1 lb, scant) onions, minced
5 tbsp vindaloo curry paste
120ml (1/2 cup) water

Method:

Heat the ghee in a wok or large pan. When hot, add the chicken pieces and fry until golden brown all over. Remove the chicken pieces with a slotted spoon and set aside.

Stir the minced onions into the ghee remaining in the pan and fry for about 6 minutes, or until soft and translucent. Now stir in the vindaloo paste and return the chicken pieces to the pan.

Cover and cook over medium heat for about 5 minutes. Stir in the water at this point then bring to a simmer, cover and cook for about 20 minutes, or until the chicken is tender and the

sauce has thickened.

Serve hot, accompanied by rice.

Chicken Curry with Greens

Chicken Curry with Greens is a traditional Indian recipe for a classic curry of chicken and greens in a tomato, onion, and garlic base thickened with ground almonds and flavoured with spices and curry paste.

Ingredients:

1 chicken, cut into serving pieces
2 onions, finely chopped
2 tomatoes, blanched, peeled and sliced thinly
2 garlic cloves, sliced into thin slivers
1 cinnamon stick (about 5cm long)
60ml (1/4 cup) cooking oil
1 dessert spoon curry paste (your choice)
seeds from 2 cardamom pods
2 cloves
1 dessert spoon ground almonds (or substitute ground poppy seeds)
500g (1 lb) spinach, spring greens, sweetheart cabbage (etc), washed and shredded
salt, to taste

Method:

Heat the oil in a wok or karahi. Add the onions and fry for about 4 minutes then stir in the garlic, tomatoes, the curry paste and the spices. Mix well to blend and continue stir-frying for 5 minutes more. Add the chicken piece and stir into the spice paste, ensuring that you turn them over so that they are coated in the spice paste mix.

Reduce to a simmer, cover the pan and cook gently for 20 minutes. Check the pan every now and then to ensure the mixture is not drying too much and beginning to burn (if it is, add a little boiling water).

Now stir in the greens, cover the pan and cook for about 5 to 10 minutes more, or until the greens have wilted and the chicken is tender and completely cooked through. Season to taste with salt and serve.

Country Captain

Country Captain is a traditional Pakistani recipe for a classic dish of fried chicken served in a spiced sauce of ginger, onion, chillies and black pepper.

This is an English-inspired dish that is now commonplace in Pakistan and northern India. The word ‘captain’ here is a corruption of ‘capon’; but ‘country captain’ is how the dish is generally known.

Ingredients:

1 oven-ready chicken, jointed into serving-sized pieces

ghee or dripping, for frying
6 slices of fresh ginger
1 large onion, finely sliced
3 red chillies, sliced lengthways into thin strips
pinch of freshly-ground black pepper
salt, to taste (about 1/2 tsp)

Method:

Heat a little ghee or dripping in a wok or karahi. When hot, add the chicken pieces and fry until golden brown all over. Remove the chicken pieces with tongs and set aside.

Add the ginger, onion and chillies to the oil remaining in the pan. Fry for about 6 minutes, or until nicely browned then add the salt and black pepper. Return the chicken pieces to the pan and pour over about 600ml water or stock.

Bring to a boil, reduce to a simmer and cook gently for about 60 minutes, or until the chicken piece are very tender and the stock has reduced to a gravy (if the stock is thickening too quickly, add a little boiling water, as needed).

Chicken Guisado

Chicken Guisado is a traditional Indian recipe (from Goa) for a classic curry of chicken pieces in a spiced tamarind juice base with onions, garlic, ginger and green chillies.

Ingredients:

1kg (2 lb) chicken, divided into 12 serving-sized pieces (or use chicken portions)
1/2 tsp salt
2cm (1 in) piece of ginger, peeled and chopped
2 garlic cloves, chopped
2 tbsp cooking oil
6 onions, chopped
2 green chillies, chopped
250ml (1 cup) tamarind juice (soak tamarind powder in hot water then strain)
1 tsp ground cumin seeds
1/2 tsp freshly-ground black pepper
3/4 tsp ground turmeric
1 red chilli, shredded (remove the seeds for a milder effect)

Method:

Scatter the salt over the chicken pieces and set aside. Combine the ginger and garlic in a mortar and pound to a smooth paste.

Heat the oil in a pan. When hot, add the onion and fry for about 4 minutes, or until translucent but not coloured. At this point, stir in the ginger-garlic paste and the green chillies. Stir to combine and fry for 2 minutes.

Add the chicken pieces and fry for 3 minutes. Now add the tamarind juice, ground cumin seeds, ground black pepper and turmeric. Bring to a simmer, cover with a tight-fitting lid and

cook gently for about 45 minutes, or until the chicken pieces are tender.

Turn into a dish, garnish with the shredded red chilli and serve.

Pish-Pash

Pish-Pash is a traditional Indian recipe for a classic dish of chicken and rice cooked with onions and spices until the rice is soft and broken down and which is often served as a pick-me-up for invalids.

Ingredients:

225g (1/2 lb) basmati rice, well washed
1 chicken, cut into serving-sized pieces
thumb-sized piece of ginger, peeled and thinly-sliced
1 large onion, sliced
12 black peppercorns
1/2 tsp garam masala
1 tsp salt
60g (2 oz) butter or ghee
4 bay leaves (or Indian bay leaves, if you can get them)

Method:

Melt the butter or ghee in a pan, add the onions and fry until golden brown. Now add all the remaining ingredients and stir to combine.

Pour over enough water to just cover the ingredients, cover the pan with a tight-fitting lid, bring to a simmer and cook gently for about 60 minutes, or until the chicken is completely tender.

During cooking the rice should absorb all the liquid. Serve hot.

Shahi Chicken Korma

Shahi Chicken Korma is a traditional Indian recipe (from Hyderabad) for a classic curry of chicken in a spiced yoghurt base with nuts.

Ingredients:

500g (1 lb) boneless chicken meat, cubed
1 tbsp ground turmeric
250ml (1 cup) natural yoghurt (must be a thick kind)
3 onions, chopped
8 garlic cloves, chopped
3cm (1 in) length of ginger, peeled and grated
3 tbsp ghee
1 tbsp ground coriander seeds
1 tbsp hot chilli powder
10 cashew nuts, chopped
5 almonds, chopped
1 1/2 tsp garam masala

1/2 tsp fresh lemon juice
8 tbsp coriander leaves, shredded
salt, to taste

Method:

Add the yoghurt to a bowl and beat until smooth then work in the turmeric and salt and add the chicken. Ensure that the chicken is completely coated in the yoghurt mix. Cover the bowl and set aside to marinate for 20 minutes.

Melt the ghee in a pan and add the onion, garlic and ginger. Stir-fry for 1 minute then add the ground coriander seeds and chilli powder. Fry for a few seconds then add the chicken pieces and their marinade. Bring to a simmer and cook for 10 minutes over low heat.

At this point, stir in 500ml water. Bring to a simmer, cover the pan and cook for about 35 minutes over low heat. Finally add the nuts and the garam masala. Stir to combine then take off the heat and transfer to a serving dish. Drizzle over the lemon juice and garnish with the coriander leaves then serve immediately.

Chicken Chaap

Chicken Chaap is a traditional Indian recipe (from Hyderabad) for a classic dish of chicken pieces coated in a blend of yoghurt, spices, onions, garlic and coconut that's fried and served in coconut sauce with a garnish of pistachio nuts.

Ingredients:

500g (1 lb) chicken meat, chopped
4 onions, peeled, chopped, and pounded to a paste
6 garlic cloves, crushed
250ml (1 cup) thick natural yoghurt
1/4 tsp freshly-grated nutmeg
1/2 tbsp garam masala
1 tbsp desiccated coconut, ground to a powder
pinch of saffron
2 tbsp cooking oil
50g (2 oz) pistachio nuts, chopped, to garnish

Method:

In a bowl, beat together the yoghurt, onions, garlic, nutmeg, garam masala, coconut and saffron until smooth and well blended. Add the chicken pieces and stir to combine and coat. Cover with clingfilm (plastic wrap) and set aside to marinate in the refrigerator for 90 minutes.

After this time, heat the oil in a kadhai or wok. Remove the chicken pieces from the marinade, add to the oil and fry until nicely browned all over. Add the marinade to the pan and stir to combine. Bring to a simmer and work in 250ml (1 cup) water. Bring back to a simmer, cover the pan and cook over low heat for 60 minutes, or until the gravy is thick and the chicken is completely tender.

Turn into a serving dish, garnish with the chopped pistachio nuts and bring to the table.

Chicken Saagwala

Chicken Saagwala is a traditional Indian recipe (from the Punjab) for a classic curry of chicken in a spinach curry base.

Ingredients:

1 oven-ready chicken, cut into serving-sized pieces
300g (2/3 lb) spinach, blanched and puréed until smooth
1 tsp cumin seeds
1 bayleaf
1 tbsp ginger-garlic paste
75g onions, finely grated
60ml tomato purée
2 tsp salt
1/4 tsp garam masala
1/2 tsp red chilli powder (a hot one)
1 tsp ground coriander seeds
250ml (1 cup) cooking oil
double cream or natural yoghurt, to garnish

Method:

Heat the oil in a wok or karahi then add the cumin seeds. When the seeds begin to splutter add the bayleaf, ginger-garlic pate and fry until lightly browned.

Add the onions and fry for about 5 minutes, or until soft. At this point add the chicken and stir-fry over high heat until the pieces are browned all over.

Reduce the heat and continue to simmer for about 40 minutes, or until the chicken is cooked through. Stir in the tomato purée and continue to cook until the oil separates.

Now add the spinach purée and stir-fry for 3 minutes. Mix well to combine then turn into a warmed serving dish. Garnish with the cream or yoghurt and serve.

Methi Chicken

Methi Chicken is a traditional Indian recipe (from the Punjab) for a classic spicy chicken curry in a yoghurt base flavoured with fenugreek (methi) leaves.

Ingredients:

700g (1 1/4 lb) chicken pieces (thighs are good, skinned)
2 tbsp cooking oil
1 tsp garam masala
2 bayleaves
500ml (2 cups) natural yoghurt
1 tsp ground turmeric
2 tbsp garlic, mashed to a paste
250g (9 oz) onions, chopped
2 tbsp fresh ginger, finely chopped

2 tbsp green chillies, finely chopped
1 tbsp garam masala
2 tbsp dried fenugreek (methi) leaves
1 tbsp ground coriander seeds
1 tbsp coriander leaves, chopped
salt, to taste

Method:

Heat the oil in a frying pan. Add the bayleaves and garam masala and fry for about 1 minute, or until aromatic. Add the onions and fry, stirring constantly, for about 5 minutes, or until soft and golden brown.

Now stir in the garlic paste, ginger, ground coriander seeds, green chillies and ground turmeric. Mix well and stir-fry for 2 minutes more. Now add the chicken pieces and fry briefly to colour before adding the yoghurt. Bring to a simmer and cook over medium heat for about 20 minutes, or until the chicken is cooked through and tender. Add water, as needed.

At this point stir in the 1 tbsp garam masala, dried fenugreek leaves and coriander leaves. Season to taste with salt then mix in 1l water. Bring to a simmer, cover with a lid and simmer for 15 minutes.

Turn into a serving dish and serve immediately.

Karahi Chicken

Karahi Chicken is a traditional Indian recipe (from the Punjab) for a classic spicy chicken curry in a spiced tomato, onion and oil base.

Ingredients:

500g (1 lb) chicken meat, cubed
4 large onions, chopped
4 large tomatoes, chopped
1/2 tsp ground turmeric
1 tsp hot chilli powder
1 tsp freshly-ground black pepper
4 garlic cloves
3cm (1 in) piece of ginger, finely grated
500ml (2 cups) cooking oil
salt, to taste

Method:

Combine the ginger and garlic in a mortar and pound to form a paste.

Heat the oil in a wok or karahi; add the turmeric, chilli and the garlic-ginger paste. Season with salt to taste and fry for about 3 minutes, or until browned and aromatic. Add the chicken and turn to coat. Fry until the chicken is nicely browned all over then add the chopped onions and tomatoes.

Reduce to a simmer and cook for about 10 minutes, or until the tomatoes break down to

form a sauce. Continue cooking for about 5 minutes, or until the sauce thickens.

Serve hot with pilau rice.

Chicken White Curry

Chicken White Curry is a traditional Sri Lankan recipe for a classic curry of chicken pieces cooked in coconut milk flavoured with ginger, fennel, spices and pandan leaves.

Ingredients:

1 chicken, cut into serving pieces
2 sprigs fennel
2 slices fresh ginger, finely chopped
10 red chillies, ground in a mortar
1/2 tsp ground cumin seeds
1/4 tsp ground fenugreek seeds
3cm (1 in) piece of cinnamon stick
1/4 stalk of lemongrass
juice of 1/2 lime
1 dessertspoon onions, finely sliced
2 garlic cloves
1/2 tsp turmeric powder
1 dessertspoon coriander seeds
1 tsp cumin seeds
1 dessertspoon ghee
5cm (2 in) piece of pandan leaf (rampe)
small sprig of curry leaves
300ml (1 1/4 cups) thick coconut milk
1l (4 cups) coconut milk

Method:

Add the chicken pieces to a large saucepan with the 1l coconut milk, fennel, garlic, ginger, turmeric, red chillies, fenugreek, cinnamon, half the curry leaves, half the onion, half the pandan leaf and half the lemongrass.

Bring to a simmer, cover the pan and cook for about 20 minutes, or until the chicken is half done. In the meantime, mix together the thick coconut milk, coriander and cumin until smooth. Mix in the lime juice and season with salt to taste. Pour this over the chicken, bring to a simmer, cover the pan and cook gently for about 25 minutes, or until the chicken is tender.

Heat the ghee in a pan, add in the remaining onions, curry leaves, pandan leaf and lemongrass. Cook for about 5 minutes, or until golden brown then turn into the pan with the chicken. Simmer gently for 5 minutes more then serve accompanied by pain or pilau rice and lime pickle.

Serve hot.

Sri Lankan Chicken Curry

Sri Lankan Chicken Curry is a traditional Sri Lankan recipe for a classic curry of chicken pieces cooked in coconut milk flavoured with chillies, ginger, spices, onions, celery and lime juice.

Ingredients:

1 large chicken, jointed into serving portions
2 tsp chilli powder
1 tsp curry powder
3 garlic cloves
5cm (2 in) length of cinnamon stick
1 celery stick (with leaf), sliced
8 cloves
3cm (1 in) piece of pandan leaf (rampe)
1 large sprig of curry leaves
1 green chilli, thinly sliced
2 slices of fresh ginger
450ml (1 4/5 cups) thin coconut milk
300ml (1 1/4 cups) thick coconut milk
1 dessertspoon pearl onions, sliced
1 dessertspoon cooking oil
1/2 tsp fenugreek seeds
juice of 2 limes
salt, to taste

Method:

Season the chicken pieces with the salt, curry powder and chilli powder. Heat the oil in a large saucepan and when hot crush 2 of the garlic cloves and add to the oil. Fry until golden brown (about 3 minutes) then add half the fenugreek seeds. Fry for 2 minutes before adding the onions, pandan leaf, green chilli, celery, cinnamon and curry leaves. Fry for about 6 minutes, or until the onions are nicely golden brown then add the chicken pieces.

Continue frying, stirring constantly, until the chicken pieces are nicely browned all over then add the coconut milk and the cloves, the ginger and the remaining fenugreek and garlic (which should be thinly sliced).

Stir well to combine, cover the pan with a tight-fitting lid and simmer gently for about 40 minutes, or until the chicken is tender. At this point, stir in the thick coconut milk and the lime juice. Stir well to combine, bring back to a simmer and cook gently, uncovered, until the sauce thickens.

Serve hot, with rice.

Chatpati Murghi Tangen (Fried Chicken Drumsticks)

Chatpati Murghi Tangen (Fried Chicken Drumsticks) is a traditional Indian recipe for a classic dish of parboiled chicken drumsticks that are placed in tandoori marinade, egged and breaded before being deep fried to cook.

Ingredients:

8 chicken drumsticks, washed and dried
200ml (4/5 cup) Tandoori Marinade
2 tbsp lemon juice
sea salt, to taste
4 large eggs
3 tbsp cornflour (cornstarch)
breadcrumbs to coat
oil for deep frying

Method:

Prick the drumsticks all over with a fork then place in a pan of salted water and cook for 10 minutes. Drain and set aside to cool.

In the meantime, beat together the tandoori marinade, lemon juice and salt together. Place the chicken drumsticks in this and smear to coat evenly. Cove and set aside for 60 minutes to marinade.

Beat together the eggs and cornflour until smooth and place in a shallow dish. Scatter the breadcrumbs on a plate. Remove the chicken from the marinade then coat in the egg and cornflour mix before covering evenly with the breadcrumbs.

Place the breaded and marinated chicken in a deep fryer pre-heated to 180ºC (360ºF) (or use a wok or deep pan). Fry until the drumsticks are golden brown all over, drain on kitchen paper and serve accompanied by Indian chutneys and garnishes.

Goan Chicken Curry

Goan Chicken Curry is a traditional Indian recipe for a classic curry of chicken portions cooked in a lightly-spiced coconut paste base.

Ingredients:

75g (3 oz) desiccated coconut
2 tbsp vegetable oil
1/2 tsp cumin seeds
4 black peppercorns
1 tbsp fennel seeds
1 tbsp coriander seeds
2 onion, finely chopped
1/2 tsp sea salt
8 chicken thighs, skinned
fresh coriander (cilantro) sprigs, to garnish
lemon wedges, to garnish

Method:

Combine the desiccated coconut in a bowl with 3 tbsp water. Mix to combine and set aside to soak for 15 minutes.

After this time, heat 1 tbsp oil in a wok or large pan and use to fry the cumin seeds, peppercorns, fennel seeds and coriander seeds over low heat for about 4 minutes or until they begin to splutter.

Add the onions and fry for 5 minutes, stirring occasionally, until the onion had softened and turned opaque. Stir in the coconut mixture and the salt and stir-fry the mixture for 5 minutes.

Turn the resultant coconut and spice mixture into a food processor and pulse to form a coarse paste.

Heat the remaining oil and fry the chicken until nicely browned on all sides (about 10 minutes). Spoon in the coconut paste and cook over low heat for about 18 minutes, or until the chicken is cooked through.

Turn onto a warmed serving dish, garnish with the coriander sprigs and lemon wedges and serve accompanied by fresh chutney and plain, boiled, rice.

Mughlai-style Tandoori Chicken

Tandoori Chicken is a traditional Indian recipe for a classic version of tandoori-style chicken cooked in the manner of an Indian restaurant.

Ingredients:

4 Whole Chicken Legs
450ml Mughlai Tandoori Marinade

Method:

Remove the skin from the chicken and prepare the meat by making deep slits into it with a knife, right down to the bone (about six per leg). Wipe dry with kitchen paper then place the chicken in a bowl along with the marinade. Mix well and press the marinade into the slits that you just made.

Cover the bowl with clingfilm and refrigerate for at least six hours (preferably overnight). When ready pre-heat your oven to at least 220ºC (430ºF) then shake-off the excess marinade from the chicken, place on a wire rack insert into a roasting tin and bake near the top of your oven for a minimum of twenty minutes. At the end of this time test with a skewer to ensure that the chicken is cooked (the juices should run clear).

Serve immediately with lemon wedges and a yoghurt mint sauce.

Makhan Murgh Wala (Butter Chicken)

Makhan Murgh Wala (Butter Chicken) is a traditional Indian recipe for a classic curry of chicken in a tomato-based sauce with nuts, onions and butter.

Ingredients:

675g (1 1/2 lb) chicken meat, cut into 3cm (1 in) cubes
3 tbsp butter
100g (3 1/2 oz) tomatoes, finely chopped
1 onion, finely chopped
1 tbsp ground cashew nuts

1 tbsp ground almonds
2 tsp hot chilli powder (or to taste)
3 tsp ginger-garlic paste
3cm (1 in) length of cinnamon stick (dal chini)
1/4 tsp ground turmeric
salt, to taste

Method:

Heat 2 tbsp of the butter in a pan, add the onion and cinnamon stick and fry for about 5 minutes, or until the onions are transparent. Now stir in the turmeric, chilli, ginger and garlic paste, salt and about 60ml (1/4 cup) water. Heat, stirring constantly, for a few seconds then add the tomatoes. Continue frying, stirring constantly, for 1 minute.

Now stir in the ground cashew nuts and ground almonds and just enough water to give a thick gravy. When the mixture comes to a boil add the chicken and continue cooking for about 35 minutes, or until the chicken is cooked through. As the chicken cooks add more water, as needed, to keep the sauce the same consistency.

Dab the remaining butter over the chicken, take off the heat and serve with naan breads (or chapatis) and plain basmati rice.

Kashmiri Chicken Curry

Kashmiri Chicken Curry is a traditional Indian curry (from the region of Kashmir) for a classic chicken curry soured with apples in a spiced yoghurt base thickened with almonds.

This is a version of curry that the British developed at home and then brought to India, where apples rather than the more typical green mango or tamarind are used as the acidifying base.

Ingredients:

2 tsp oil
2 medium onions, diced
1 bayleaf (Indian bayleaf, if available)
2 cloves
3cm (1 in) length of cinnamon stick
4 black peppercorns
1 small chicken (about 675g [1 1/2 lbs]), skinned and cut into 8 serving pieces
1 tsp garam masala
1 tsp freshly-grated ginger
1 tsp crushed garlic
1 tsp salt
1 tsp hot chilli powder
1 tsp ground almonds
150ml (2/3 cup) natural yoghurt
2 green eating apples (Granny Smith are good), peeled, cored and roughly sliced
1 tbsp fresh coriander (cilantro), chopped

15g (1/2 cup) flaked almonds, lightly toasted
fresh coriander leaves, shredded, to garnish

Method:

Heat the oil in a wok, add the onions and fry with the bayleaf, cloves, cinnamon and black peppercorns for 4 minutes, or until the onions are soft but not coloured.

Add the chicken pieces to the wok and continue to fry the mixture for 3 minutes more.

Reduce the heat and stir in the garam masala, ginger, garlic, salt, chilli powder and ground almonds. Continue stir-frying the mixture for 3 minutes more.

Stir in the yoghurt and cook for 2 minutes more then add the apples and chopped coriander. Cover the wok and cook for about 12 minutes, or until the chicken is cooked through.

Turn into a warmed serving dish, garnish with the toasted almonds and the coriander leaves and serve accompanied by plain boiled rice.

Mild Green Calcutta Curry

Mild Green Calcutta Curry is a traditional Indian recipe for an unusual and milk curry of chicken in a coconut milk base that's finished with bananas and pineapple.

This is an rich curry that has a coconut milk base, but which is more aromatic rather than fiery. A good curry to make if you want to introduce people to Indian food. Particularly interesting because of the addition of bananas and pineapple.

Ingredients:

4 garlic cloves, chopped
1 tbsp fresh ginger, finely chopped
2 or 3 chillies, chopped (mild or spicy, depending on preference)
1/2 bunch fresh coriander (cilantro) leaves, roughly chopped
juice of 1 lemon
pinch of cayenne pepper
1/2 tsp curry powder
1/2 tsp ground cumin
3 pinches ground cloves
generous pinch of ground coriander
3 chicken breasts, skinned and cut into bite-sized pieces
2 tbsp vegetable oil
2 cinnamon sticks
250ml (1 cup) chicken stock
250ml coconut milk
1 tbsp brown sugar
2 bananas
1/4 pineapple, peeled and chopped
handful of sultanas (golden raisins)
handful of raisins (or currants)
3 sprigs of fresh mint, thinly sliced

juice of 1/4 lemon
salt, to taste

Method:

Combine the garlic, ginger, chillies, coriander, onion, lemon juice, cayenne pepper, curry powder, cumin, cloves, ground coriander and salt in a food processor or blender and purée until smooth.

Place the chicken pieces in a bowl, add 2 tbsp of the spice mixture and toss to combine. Cover and set aside to marinate for at least 30 minutes.

At the end of this time, heat the oil in a wok; add the remaining spice paste and fry over medium heat, stirring frequently, until the paste is lightly browned and aromatic (about 8 minutes).

Stir in the cinnamon, stock, coconut milk and sugar. Bring the mixture to a boil, reduce to a simmer and cook for 10 minutes.

At this point, add the chicken pieces and stir into the sauce. Cook for 2 minutes, or until the chicken pieces are opaque.

Slice the bananas into thick pieces, add to the curry with the pineapple and cook for 2 minutes more. Now add the mint and the lemon juice. Adjust the seasonings to taste (salt, lemon juice and spices).

Serve hot accompanied by naan bread or steamed rice.

Karahi Chicken with Fresh Fenugreek

Karahi Chicken with Fresh Fenugreek is a traditional Indian and Pakistani recipe for a classic simple curry of chicken in a spiced tomato base that's finished with lots of fresh fenugreek.

This curry comes from the borderlands between India and Pakistan and it makes the most of that classic curry herb, fenugreek, using it in the fresh rather than its dried form. The karahi is, of course, the classic wok-like pan in which traditional curries are cooked.

Ingredients:

115g (4 oz) chicken thighs, skinned, boned and sliced into strips
115g (4 oz) chicken breast fillets, skinned and sliced into strips
1/2 tsp garlic, chopped
1 tsp hot chilli powder
1/2 tsp salt
2 tsp tomato purée
2 tbsp soya oil
1 bunch of fenugreek leaves
1 tbsp fresh coriander (cilantro) leaves
300ml (1 1/4 cups) water

Method:

Bring a pan of water to a boil then add the chicken pieces and cook for about 6 minutes, or

until just cooked through. Drain in a colander.

In the meantime, stir together the garlic, chilli powder, salt and tomato purée in a bowl. Heat the oil in a wok or karahi (or large pan). Stir in the paste, reduce the heat and stir-fry for a few minutes, until the colour darkens.

Add the chicken pieces and stir-fry for 6 minutes more. Reduce the heat to low then stir in the fenugreek leaves and the coriander. Continue stir-frying the mixture for about 6 minutes then stir in the water. Cover the pan and cook for 5 minutes, until thoroughly hot through.

Serve hot, accompanied by plain rice or chapatis.

Chicken with Green Mango

Chicken with Green Mango is a classic, but simple, Indian curry that demonstrates the use of a green mango as a souring agent.

Ingredients:

1 green mango
500g (1 lb) chicken meat, cubed
1/4 tsp kalonji (nigella or onion seeds)
1 tsp fresh ginger, grated
1/2 tsp crushed garlic
1 tsp hot chilli powder
1/4 tsp ground turmeric
1 tsp salt
1 tsp ground coriander seeds
2 tbsp groundnut oil
1 onions, thinly sliced
4 curry leaves (fresh if available)
300ml (1 1/4 cups) water
2 tomatoes, quartered
2 green chillies, chopped
2 tbsp fresh coriander (cilantro) leaves

Method:

Peel the mango then slice the flesh thickly from around the stone (pit). Set the mango slices in a small bowl, cover with clingfilm (plastic wrap) and set aside.

Heat the oil in a wok or heavy-based pan. Add the sliced onions and fry for about 6 minutes, or until golden brown. Now the curry leaves and fry for 1 minute then gradually spoon in the chicken pieces and half the mango slices, stirring constantly.

Pour in the water, stir to combine then reduce the heat, cover the pan and cook for about 14 minutes, or until the chicken is cooked through and the stock has thickened.

Stir in the remaining mango slices along with the tomatoes, green chillies and coriander. Turn into a warmed dish and serve immediately, accompanied by rice.

The Indian sub-Continent has an extensive coastline and waterways and fish and seafood dishes often feature predominantly. These dishes are a feature of Bengali and Keralan cuisines. A number of these recipes are brought together here.

Salmon Kalia in Panch Phoron Sauce

Salmon Kalia in Panch Phoron Sauce is a traditional Indian recipe (from the Bengal region) for a classic fish curry flavoured with the Bengali spice blend, panch phoron.

This is a traditional Bengali recipe that, traditionally, is made with a relative of the carp, called katla but any strong-tasting freshwater fish will work.

Ingredients:

4 thick salmon fillets or steaks (about 4cm [1 1/2 in] across)
3/4 tbsp ground turmeric
vegetable oil
salt, to taste
2 tbsp Panch Phoron
1 large onion, thinly sliced
225g (1/2 lb) Charlotte (or other waxy) potatoes cut into 0.5cm (1/4 in) strips

450g (1 lb) tomatoes
450g (1 lb) cubed courgettes (zucchini) in 1cm dice
2 tsp paprika
1 tsp grated fresh ginger
3 cloves garlic, finely chopped
2 tbsp plain yoghurt
5 red chillies, halved and de-seeded
1 medium tomato cut into 1cm wedges
1 tsp Garam Masala
3 tbsp chopped fresh coriander

Method:

Mix together 1/2 tsp salt and the turmeric and rub over the fish. Cover and leave to stand for a few minutes. Meanwhile heat 1 tsp of oil in a large non-stick pan over high heat. Add the fish fillets and cook for a minute on each side. Remove the fish and set aside.

Add 2 tbsp oil to the pan, add the Panch Phoron and cook for 30 seconds before adding the onion and potato. Stir-fry for about six minutes. Meanwhile purée the 450g (1 lb) tomatoes in a food processor. Add these, along with the courgettes, 1/2 tsp salt, 230ml (1 cup, scant) water, paprika, ginger and garlic to the pan and bring to the boil. Reduce to a low simmer, cover and allow to cook for ten minutes. At this point stir-in the yoghurt.

Transfer the fish fillets to the pan, cover and cook for a further 20 minutes sprinkle with the Garam Masala and chopped coriander then serve garnished with the red chillies and the tomato wedges.

Anardana Jheenga (Pomegranate-flavoured Prawns)

Anardana Jheenga (Pomegranate-flavoured Prawns) is a traditional Indian recipe for a classic spicy prawn curry that's flavoured with pomegranate seeds.

Fruit works with most seafood and this is a delightfully spicy shrimp curry flavoured with anardana (pomegranate seeds).

Ingredients:

6 garlic cloves, crushed
3cm (1 in) piece of ginger, finely chopped
1/2 tbsp turmeric
1 tbsp lemon juice
24 King Prawns, peeled
6 tbsp oil
2 tbsp coriander seeds, crushed
2 tbsp dried chilli flakes
1 ripe tomato, chopped
1 red pepper, cut into thin strips
4 tsp chilli powder
1 tsp Garam Masala

3 birds' eye chillies, stemmed de-seeded and chopped
2 tsp fenugreek seeds
2 tbsp anardana (pomegranate seeds)
handful of chopped coriander leaves to garnish

Method:

In a pestle and mortar grind together 3 garlic cloves and the half the ginger to make a paste. Add the turmeric, lemon juice, salt and the prawns to this. Mix with your hands then cover and allow to marinate in the fridge for half an hour.

Add 2 tbsp oil to a pan over medium heat and add the remaining garlic and ginger, coriander seeds, red pepper and tomato and cook for five minutes until the sauce has thickened. Add the chilli powder and 6 tbsp water then continue cooking until the volume has reduced by half. At this point stir in the garam masala and set aside.

Add the remaining oil to a frying pan and when it's hot add the fenugreek seeds and cook for about a minute. Now add the birds' eye chillies, the prawns and their accompanying marinade. Fry for a minute then add the sauce you prepared earlier and cook until the prawns turn pink (about 8 minutes). Now add the fenugreek seeds and the anardana. Serve with basmati rice and garnish with coriander leaves.

Kokam Fish

Kokam Fish is a traditional Indian recipe for a fish stew/curry that's flavoured with chilli and kokam fruit.

This dish is based on a Marathi original, is very easy to make (and very tasty!).

Ingredients:

4 whole mackerel, cleaned and with heads removed
6 cloves garlic, crushed
1 tsp coriander seeds
pinch of turmeric
3/4 tsp chilli powder
3–4 kokam pieces
1 tsp oil
salt to taste

Method:

Toast the coriander seeds in a dry frying pan until lightly coloured and aromatic. Grind to a paste in a pestle and mortar or a coffee grinder. Mix with the garlic, chilli powder, turmeric and salt. Add oil to your frying pan and fry the spice mixture for about 1 minute then add the fish and some 100ml of water. Add the kokam pieces (or substitute tamarind paste) and cook until the fish is done al the way through.

Serve as soon as the fish is done with boiled aromatic rice.

Kedgeree

Kedgeree is a traditional Anglo-Indian recipe for a classic breakfast dish of haddock and rice in a curried milk base.

Ingredients:

350g (12 oz) smoked haddock (or smoked mackerel)
900ml (3 3/4 cups) milk
1 onion, chopped
1 clove garlic, chopped
5 tbsp olive oil, plus a little extra
1 tsp curry powder
1/2 tsp turmeric
225g (1/2 lb) basmati rice, washed
4 large eggs
1 bunch flat-leaf parsley, leaves only, washed and chopped
pinch each of salt and freshly ground black pepper

Method:

Lay the haddock in a large pan and cover three-quarters of the way up with milk. Bring to the boil and poach for 5–6 minutes.

Meanwhile, in a frying pan, gently cook the onion and garlic for 10 minutes in half the oil. Add the spices and fry for 5 minutes then remove the fish from the milk, add the fried onions and spices and stir in the rice. Cover the pan, lower the heat, and cook, stirring, until the liquid is absorbed.

Put the eggs in a pan with a lid and cover with cold water. Bring to the boil and simmer for 4 minutes. Rinse under cold water, peel, then halve. Flake the haddock into good-sized pieces, removing skin and bones, then stir into the rice.

Remove the pan from the heat, stir in cream, add parsley and salt and pepper to taste and then serve.

Prawn Patia

Prawn Patia is a traditional Indian recipe for a classic highly-spiced prawn curry using a whole range of spices to create the curry paste.

Ingredients:

1/2 tsp black mustard seeds
1/2 tsp Cayenne pepper
1 tsp Coriander Seeds
1 tsp cumin seeds
1/2 tsp fennel seeds
1/2 tsp fenugreek seeds
3cm (1 in) length Fresh ginger chopped
2 Garlic Cloves, sliced
2 tbsp Light Muscovado Sugar

3 tbsp Natural Yoghurt
150g (5 oz) Onions, roughly chopped
2 tsp Paprika
250g (9 oz) Peeled Prawns
salt, to taste
2 tsp tamarind paste
1 tbsp Tomato purée
1/2 tsp turmeric
2 tbsp Vegetable Oil
1 tbsp White Wine Vinegar

Method:

Blend the yoghurt, onions, garlic and ginger together with 4 tbsp water to form a paste then put to one side.

Heat the wok until very hot and dry-roast the Fennel Seeds, Cumin Seeds, Fenugreek Seeds and Coriander Seeds for about 30 seconds until the seeds start to pop. Add the vegetable oil, Black Mustard Seeds, Turmeric, Cayenne and Paprika and cook gently for a further minute, being very careful not to burn the spices. Add the yoghurt paste and fry gently for about 10 minutes or until golden, again taking care not to burn.

Add the Muscovado sugar, vinegar, tomato purée and tamarind juice to the fried mixture, plus some water if necessary until a fairly thick consistency is achieved. Simmer gently for 5 minutes then add the prawns and salt to taste. Simmer until heated through (be careful not to overcook the prawns, they're ready when all have turned pink). Serve hot, accompanied by rice or naan breads.

Boatman's Curry

Boatman's Curry is a modern Indian Fusion recipe for a classic stew of fish steaks cooked in a chilli-spiced sauce with spices, coconut, ginger, tamarind paste and shallots.

Ingredients:

For the spice paste:
4-6 dried chillies soaked in water for 15 mins
1 tsp cayenne pepper
1 tbsp ground coriander
1 tbsp ground turmeric
150g (5 oz) freshly grated coconut
2 1/4 tbsp tamarind paste
3-4 fresh hot green chillies halved lengthways
2.5cm (1 in) piece of fresh ginger peeled and slightly crushed
4-5 shallots peeled and slightly crushed
You will also need:
750g (1 2/3 lb) fish steaks, about 1cm thick

Method:

Put all the paste ingredients in a blender, add about 100ml (2/5 cup) water and blend to a smooth paste. Transfer this to a heavy-bottomed pan and add a further 100ml (2/5 cup) of water

Heat over a medium heat and bring to a gentle simmer. Stir and allow to cook for 2–3 minutes and then add the fish. Keep simmering for 10–15 minutes until the fish is cooked.

Sri Lankan Fish Curry

Sri Lankan Fish Curry is a traditional Sri Lankan recipe for a classic curry of salmon steaks cooked in a coconut milk and tamarind liquid sauce flavoured with tomatoes and curry powder.

Ingredients:

Sri Lankan Curry Powder
2.5 tbsp coriander seeds
1 tbsp cumin seed
1 1/2 tsp fennel seeds
pinch of ground fenugreek seeds
2.5cm (1 in) piece cinnamon stick
3 cloves
2 green cardamom pods
6 black peppercorns
For the curry
4 x 225g (1/2 lb) salmon steaks
2 tbsp olive oil
1 large onion, chopped
4 garlic cloves, finely chopped
8 fresh curry leaves
2 small pieces rampe (screwpine) leaf [optional]
1/2 tsp ground turmeric
1 tsp chilli powder
2 tbsp Sri Lankan curry powder
2 medium-sized tomatoes, skinned and chopped
50ml (1/5 cup) tamarind liquid (1 tbsp tamarind paste mixed with 2 tbsp boiling water)
1 x 400ml (14.5 oz) tin coconut milk
Asian-style chutney (eg mango, lime, aubergine or tamarind)

Method:

For the curry powder, simply grind everything together and store in an air-tight jar.

Rinse the fish steaks under water and dry on kitchen towels. Heat the oil in a large, shallow, frying pan until the onions are soft and lightly golden.

Add the turmeric, chilli powder and 2 tbsp of the Sri Lankan curry powder and fry for 1–2 minutes. Add the tomatoes, tamarind liquid, coconut milk and 1 tsp salt and simmer gently for 15 minutes.

Add the salmon steaks to the pan and spoon some of the sauce over the top of the fish.

Simmer gently for 5 minutes then cover the pan and set aside for 30 minutes. Serve with steamed basmati rice.

Turbot in Kerala Red Curry Sauce

Turbot in Kerala Red Curry Sauce is a traditional Indian recipe (from Kerala province) for a classic and very opulent curry of turbot cooked in a stock of tomatoes, kokam syrup and coconut milk marinated in black pepper and curry leaves and cooked with a red chilli paste.

Ingredients:

For the Marinade:
1 kg (2 lb) turbot (or plaice or skate)
salt to taste
1 tbsp freshly-ground black pepper
8 curry leaves, chopped
50ml (1/5 cup) oil
For the paste:
100g (2/5 cup) oil
1 tsp whole red chillies
1 tsp coriander seeds
1 tsp cumin seeds
4 cloves garlic
2 tbsp finely-grated ginger
75g (3 oz) onion
100g (4 oz) freshly-grated coconut

For the Sauce
500ml (2 cups) fish stock
50ml (1/5 cup) oil
10 curry leaves
25g (1 oz) onion
50g (2 oz) tomatoes
100g (4 oz) kokam syrup (a syrup made from the kokam fruit or from dried kokam pieces cooked in a light sugar syrup; at a pinch add 3/4 maple syrup, 1/4 lemon juice)
200ml (4/5 cup) coconut milk

Method:

Cut, clean and marinate the fish with salt, pepper, curry leaves and 50ml (3 tbsp) oil. (Keep bones and trimmings for the stock).

To make the paste heat the oil in a pan, add the chillies, coriander seeds, cumin, garlic cloves, ginger, onions and fresh coconut. Sauté until brown then transfer to a blender and blitz to a paste.

To make the sauce first make a stock by simmering the trimmings and bones in the water for 30 minutes. Sieve to remove the bones.

Meanwhile, heat the oil in a pan, add the curry leaves and onions and Sauté. Add the tomatoes and cook. Add the pre-prepared paste mixture and continue cooking until the oil is extracted.

Pour in the fish stock and the kokam into the mixture and stir for some time. Check the seasoning and finish by adding the coconut milk.

Heat oil in a pan and sear the fish until golden brown. Add to an oven-proof dish, pour over the sauce and cook in the oven for 15 minutes.

Serve with fragrant rice.

Goan Crab Claw Curry

Goan Crab Claw Curry is a traditional Indian recipe for a classic curry of crab claws cooked in an aromatic and lightly-spiced curry paste that's finished with coconut milk and which is typically served with rice.

If you can't find crab claws (they're available in most oriental supermarkets) you can substitute prawns in this dish.

Ingredients:

500g (1 lb) crab claws (or prawns), washed and drained
3 tbsp tamarind paste dissolved in 60ml hot water (or 2 tsp tamarind purée)
250ml (1 cup) coconut milk
1 medium onion, roughly chopped
4 garlic cloves, peeled
4cm (2 in) length of ginger, peeled and thinly sliced
3 dry red chillies
1 tsp poppy seeds
1 tsp ground coriander seeds
1 tsp ground cumin
salt to taste
chopped coriander leaves to garnish

Method:

Dry roast the poppy seeds in a non-stick frying pan for a few minutes then add to 3 tbsp water to soak for 20 minutes. Then add the poppy seeds along with the onion, garlic, ginger, chillies, coriander, cumin and salt to a blender. Blend to a smooth purée (add a little water if needed). This is your basic curry paste.

Heat oil in a wok and use to fry the curry paste until the mixture splits and the oil separates. Add in the crab claws (or prawns) and stir to combine. Add the tamarind a little at a time (it can be very sharp so add to your own taste) then stir-in the coconut milk and bring the mixture to a boil.

Continue cooking for a few minutes, until the crab claws are thoroughly heated through. Adjust the seasoning (salt and chilli powder) then garnish with the coriander leaves and serve with plain boiled rice.

Bengali Crab Curry

Bengali Crab Curry is a traditional Indian recipe for a classic curry of crab meat cooked in a tomato-based sauce with potatoes, ginger and spices that's flavoured with garam masala.

This is a classic Bengali curry that takes quite a while to prepare — but it's well worthwhile!

Ingredients:

2 large raw crabs (any kind, about 900g [2 lbs] each)
4 large onions,
8 garlic cloves
40g (1 1/2 oz) ginger
3 potatoes, peeled and chopped (optional)
4 large ripe tomatoes, chopped
150g (5 oz) butter
3 tbsp oil
2 tsp powdered cumin seeds (jeera)
1 heaped tsp red chilli powder (or more if you like your curry hot)
1 tsp salt (or to taste)
1 tbsp ground coriander seeds
1 tsp turmeric
1 tsp Garam Masala

Method:

If you've never cleaned a crab before, then the here's the basic procedure: Place the crab on it's back in front of you then pull off the legs and claws and set aside. The pale triangle at the back of the shell on the base is called the 'apron'. You should lift this up with a sharp knife before removing it completely, along with any external organs. Now prise the hard top shell and discard.

Beneath the shell you will see the gills (commonly known as 'dead man's fingers' and you should remove these along with any internal organs and the mouthparts. The contents of the body are now all edible and consist of meat and fat (sometimes referred to as 'mustard'). Break the remaining pieces of shell open and extract the meat from all the chambers. You can also break open the claws and legs to remove the meat (or you can leave these whole for your guests to pick the meat out themselves).

Now you can prepare the dish:

Add the onion, ginger and garlic to a food processor and render to a paste. Add the oil and butter to a wok and heat together then ad the onion paste and fry on medium heat until the mixture is a light brown and the oil separates away (this will take longer than you think!).

Add all the spices at this point and fry for about 30 seconds before adding the tomatoes. Continue cooking until the tomatoes break down and the oil separates from the mixture once again. Add the crabs and continue cooking for 4 minutes before adding he potatoes (if using).

Add just enough water to cover the entire mix then bring to a boil and allow to simmer gently for about 30 minutes. Serve hot with plain boiled rice.

Grain Mustard Based Fish Curry

Grain Mustard Based Fish Curry is a traditional Indian recipe for a classic light and creamy curry of fish fillets in a lightly-spiced yoghurt sauce with black mustard seeds finished with coconut cream and garam masala.

This is a very light and creamy curry that can be made with just about any firm-fleshed fish (but I would avoid oily fish).

Ingredients:

1kg (2lb, 2 oz) fresh, firm, boneless fillets of fish (salmon is good, but many other fish could be substituted)
2 garlic cloves, crushed
1/2 tsp turmeric
3 tbsp lemon juice
2 medium onions, roughly chopped
3 garlic cloves, peeled
3cm (1 in) length of ginger, peeled and chopped
4 tbsp oil
1 tsp black mustard seeds
12 curry leaves (or methi (fenugreek) curry leaves)
2 dried red chillies, halved
1 tsp ground cumin
1 tsp salt (or to taste)
2 tbsp whole-grain mustard
200ml (4/5 cup) Greek-style yoghurt
600ml water
6 tbsp coconut cream (or to taste)
1 tsp Garam Masala
6 tbsp coriander leaves, chopped

Method:

Cut the fish into 6cm portions then whisk together 1 garlic clove, turmeric and lemon juice and pour over the fish. Mix to combine and set aside to marinate for at least 20 minutes.

Meanwhile, add the onions, ginger and remaining garlic to a food processor and render to a paste (add a little water if necessary). Heat the oil in a wok and add the mustard seeds. When they begin to split and splutter add the curry leaves and chillies. Stir-fry for 10 seconds then add the onion and ginger mix and continue until the mixture splits (when the oil comes out).

Add the chillies, cumin, salt and chilli powder and stir fry for a few seconds before adding 2 tbsp water. Continue frying until the oil separates once more. Now stir-in the yoghurt and the grain mustard and fry for 2 minutes before adding the water. Bring to a boil and then add the fish pieces. Reduce to a simmer and cook for about 4 minutes, or until the fish is done through.

Add the coconut cream and allow to simmer for 1 minute more. Take off the heat, add the garam masala. Cover and allow to sit for 1 minute then stir-in the coriander leaves. Serve immediately with plain boiled rice.

Makher Taukari (Fish Curry)

Makher Taukari (Fish Curry) is a traditional Bangladeshi recipe for a classic fish curry cooked in a chilli and onion sauce flavoured with garlic and turmeric.

Ingredients:

450g (1 lb) firm-fleshed fish, gutted and scaled
1/2 tsp hot red chilli powder
1 tsp ground turmeric
1 tsp garlic
60ml (1/4 cup) oil
45g (1 1/2 oz) onions, finely diced
3 green chillies, chopped
3 tomatoes, chopped (optional)
1 tsp salt
chopped coriander leaves, to garnish

Method:

Add the oil to a wok and use to stir-fry the onion until translucent. Add the garlic and chillies and fry until the garlic begins to brown then stir-in all the remaining spices and fry for about 5 minutes longer.

Gently add the fish and fry on each side for about 3 minutes, or until the skin begins to crisp. Add just enough water to barley cover the fish then add the chopped tomatoes (if using). Cover and cook over medium heat until the fish is tender and flakes with a fork. Scatter the coriander leaves over the top, cover and cook for 5 minutes more. Serve immediately, accompanied with rice.

Prawn Curry

Prawn Curry is a traditional Bangladeshi recipe for a classic prawn curry cooked in a chilli, tomato and onion sauce flavoured with garlic, turmeric and garam masala.

Ingredients:

450g (1 lb) whole prawns (with shells)
5 green chillies, chopped
2 onions, chopped
1 small bunch of spring onions (green parts only), chopped
1 small bunch of coriander leaves, chopped
2 tsp ginger-garlic paste
2 tomatoes, chopped
2 tsp hot chilli powder
1 tsp ground turmeric
8 tbsp oil
2 tsp Garam Masala
salt, to taste

chopped coriander leaves, to garnish

Method:

Clean and shell the prawns. Reserve the shells and add to a wok along with the oil. Cook for about 4 minutes then remove the prawn shells with a slotted spoon and discard (you will be left with prawn-flavoured oil).

Add the green chillies and onions and stir-fry until the onions turn golden. Now add the spring onion greens, coriander leaves and the ginger and garlic paste. Fry for 2 minutes before adding the tomatoes and prawns. Continue cooking for about 5 or 6 minutes, until the prawns turn pink and are cooked through. Season with the salt, chilli powder and garam masala. Cook for 5 minutes more then turn into a serving dish and garnish with chopped coriander leaves.

Serve accompanied with rice.

Fish Dopeaja

Fish Dopeaja is a traditional Bangladeshi recipe for a classic curry of freshwater fish in an onion and tomato stock with curry spices finished with coriander (cilantro) leaves and spring onion greens.

Ingredients:

150g (1/3 lb) freshwater fish cut into small pieces
75g (2 1/2 oz) onions, sliced
1 tsp hot chilli powder (or to taste)
1 tsp ground turmeric
2 tbsp onion paste
1/8 tsp freshly-ground ginger
1/4 tsp chilli paste
generous handful of coriander (cilantro/dhaniya) leaves, shredded
2 tbsp spring onion greens, shredded
80ml (1/3 cup) oil
1 tsp salt (or to taste)
2 tomatoes, chopped

Method:

Heat the oil in a wok or pan and stir-in the spices and pastes. Continue cooking, stirring constantly until the mixture becomes aromatic (add a little water if it looks too dry) then add the sliced onion. Fry for 2 minutes before adding the fish along with 120ml water.

Season with the salt then cover the pan and cook over medium heat until the water has almost all evaporated. Add the tomatoes and coriander and spring onion greens at this point and reduce the heat to low. Continue cooking, uncovered, until the oil separates and floats to the top. Serve immediately, accompanied with rice.

Bangladeshi Fish Korma

Bangladeshi Fish Korma is a traditional Bangladeshi recipe for a classic curry of fresh-

water fish cooked in a yoghurt and onion sauce flavoured with spices and chillies.

Ingredients:

1kg (2 lb, 3 oz) fish, cut into generous steaks (carp or perch would be traditional, but any firm fresh-water fish will do)
120ml (1/2 cup) plain yoghurt
120ml (1/2 cup) basic onion paste
1 tbsp ginger-garlic paste
1 tbsp coriander paste
6 green cardamom pods, lightly crushed
5cm length of cinnamon stick, broken into 2 pieces
2 tsp salt
180ml ghee
6 green chillies
2 tbsp kewra extract (this is a flavoured extract from the pandanus flower — substitute rose water if not available)
1 tbsp lemon juice

Method:

Heat the ghee in a wok then add the fish and cook for 2 minutes per side before adding all the remaining ingredients (except the kewra extract and the chillies). Mix well to combine and cook, covered, over low heat until all the liquid has almost evaporated away (turn the fish half-way through).

At this point add the chillies and kewra extract then cover and cook over low heat for a further 30 minutes, or until the oil separates and floats to the top. Serve on a bed of rice.

Bengali Tilapia Curry

Bengali Tilapia Curry is a traditional Indian recipe (from the Bengal region) for a classic fish (tilapia in this case) curry served in a tomato and chilli sauce with lemon juice.

Ingredients:

450g (1 lb) tilapia fillet, sliced into 8 pieces
1 tsp ground turmeric
sea salt, to taste
oil, for frying
2 onions, chopped
4 tsp ginger-garlic paste
1 tsp ground cumin
1 tsp ground coriander seeds
1 tsp hot chilli powder
2 ripe tomatoes, chopped
5 green chillies, chopped
1 tsp lemon juice

coriander leaves, to garnish

Method:

Combine the salt and turmeric and rub into the fish then set aside for 20 minutes to marinate. After this time, heat the oil in a pan and use to stir-fry the fish until nicely browned. Remove from the oil with a slotted spoon and set aside.

Add the onions to the remaining oil and fry for about 8 minutes or until soft and lightly golden. Stir-in the garlic and ginger paste at this point, along with the ground cumin and coriander (and any remaining turmeric). Stir-fry for about 3 minutes before adding the tomatoes. Continue cooking for 5 minutes more then return the fish to the pan along with the chillies. Add just enough water to barely cover then bring to a simmer, cover the pan and cook for about 7 minutes over low heat, or until the fish is cooked through.

The dish is ready when the oil begins to separate and float to the top. Take off the heat and stir-in the lemon juice. Serve on a bed of rice and garnish with the coriander leaves.

Bengali Fish Curry

Bengali Fish Curry is a traditional Indian recipe (from the Bengal region) for a classic curry of fish in a chilli and coriander (cilantro) sauce flavoured with the spice blend, panch phoron.

Ingredients:

4 fillets of carp, perch, tilapia or striped bass
2 tbsp mustard seeds

2 red chillies
1/2 tsp Panch Phoron
1/2 tsp ground turmeric
salt, to taste
2 tbsp oil
chopped coriander (cilantro) leaves, to garnish

Method:

Combine the salt and half the turmeric and rub all over the fish then set aside for 10 minutes to marinate.

Add the oil to a non-stick pan and fry the fish on both sides (skin side first) until golden. Remove from the pan and set aside. Meanwhile, combine the mustard seeds, chillies and 120ml water in a blender and render to a paste (this is easiest if you lightly crush the mustard seeds in a pestle and mortar first).

Add the panch phoron to the remaining oil in the pan and fry for 1 minute before adding the chilli paste. Fry for 4 minutes more then return the fish to the pan along with the remaining turmeric. Adjust the salt to taste and add a little more water, if needed.

Bring to a simmer and cook for 10 minutes, or until the fish is done through. Serve on a bed of rice, garnished with chopped coriander leaves

Malu Abulthiyal (Fish Curry with Fragrant Masala)

Malu Abulthiyal (Fish Curry with Fragrant Masala) is a traditional Sri Lankan recipe for a classic fish curry flavoured with fruit, pandanus leaves and fragrant masala powder.

Ingredients:

900g (2 lb) firm fish (halibut, salmon or tuna are good)
12 pieces of Goraka (the rind of *Garcinia gummi-gutta* fruit, also known as Malabar tamarind)
1 1/2 tbsp salt
1 1/2 tbsp freshly-ground black pepper
1/2 tsp hot chilli powder (or to taste)
1/4 tsp ground turmeric
1 sprig curry leaves
2 Rampe (pandanus) leaves (available in Asian stores)
2 pieces cinnamon
2 garlic cloves, crushed
1/2 tsp Sri Lankan fragrant masala powder
250ml (1 cup) water

Method:

Clean, gut and wash the fish then cut into about 15 to 20 pieces. Combine the salt, black pepper, chilli powder, turmeric and curry powder in a bowl. Rub into the fish pieces until well coated then set aside to marinate for 15 minutes.

Meanwhile, add the goraka pieces to a pan, cover with water and bring to a simmer. Cook for about 8 minutes, until the fruit is soft then drain (reserve the liquid) and mash to a coarse paste. Combine the paste with the cooking water and pour over the fish. Mix well then arrange the fish pieces in a shallow pan and pour the liquid over the top. Use 250ml (1 cup) water to rinse the bowl then pour this water over the fish as well.

Add the curry leaves, pandanus leaves, cinnamon and crushed garlic to the pan then over a low heat until the fish is done (about 40 minutes). You should end up with a thick gravy.

If you prefer a dry dish then transfer the pan to a warm oven and continue cooking until completely dry.

Machli aur Tamatar (Curried Halibut with Tomatoes)

Machli aur Tamatar (Curried Halibut with Tomatoes) is a traditional Indian recipe for a classic lightly-curried dish of halibut steaks with onions and tomatoes.

Ingredients:

4 halibut steaks (about 250g [5 oz] each), each cut 3cm (1 in) thick
2 tbsp fresh lemon juice
1 1/2 tsp salt
1/2 tsp freshly-ground black pepper
60ml (1/4 cup) vegetable oil

50g (2 oz) onions, finely chopped
1/4 tsp chilli powder
1/4 tsp ground turmeric
2 tsp ground coriander seeds
3 medium tomatoes, coarsely chopped
4 tbsp fresh coriander, finely chopped
1/4 tsp garam masala

Method:

Halve the halibut steaks lengthways then wash under cold, running, water before patting dry with paper towels. Sprinkle the fish on both sides with lemon juice then season with 1 tsp salt and the black pepper before setting aside to marinate at room temperature for 15 minutes.

Heat 3 tbsp of the oil in a heavy 30cm (12 in) pan over medium heat until a light haze forms on the surface of the oil. Add the onions and fry, stirring constantly, for about 8 minutes, or until soft and golden brown. Stir in the remaining 1/2 tsp salt along with the chilli powder, turmeric and ground coriander. Fry for 30 seconds then add the tomatoes and half he fresh coriander.

Transfer the contents of the pan to a bowl then add the remaining 1 tbsp oil to the pan, ensuring that it's spread evenly over the base of the pan. Add the fish to the base of the pan then pour the spiced tomato mixture over the top, ensuring that the top of each piece of fish is covered. Sprinkle the garam masala over the top and cook over low heat for about 10 minutes, or until the fish is cooked through and flakes easily with a fork.

Use a spatula to transfer the fish to a heated plate, pour the sauce over the top then garnish with the remaining coriander leaves. Serve immediately.

Achaarl Jhinga (Indian Pickled Prawns)

Achaarl Jhinga (Indian Pickled Prawns) is a traditional Indian recipe for a classic dish of prawns cooked with onions and chillies in a spiced tomato-based sauce that's served topped with ginger and coriander leaves.

Ingredients:

600g (1 1/3 lb) medium-sized prawns, peeled
100g (3 1/2 oz) ginger-garlic paste
sea salt, to taste
3 tbsp lemon juice
3 tbsp mustard oil (to make fry 60ml [1/4 cup] oil with 1/2 tsp black mustard seeds until the mustard seeds 'pop' then take off the heat)
1 tsp fenugreek seeds
4 dry red chillies
1/4 tsp coriander seeds
150g (1/3 lb) onions, sliced
100g (3 1/2 oz) tomatoes, blanched, peeled and chopped
1 tsp green chillies, chopped
pinch of ground coriander seeds

hot chilli powder, to taste
1 tsp ground cumin
1/2 tsp garam masala
1/2 tsp ground turmeric
2 tsp fresh ginger, cut into fine julienne strips
2 tbsp coriander leaves, chopped

Method:

In a bowl, whisk together half the ginger-garlic paste, salt and lemon juice. Add the prawns, toss to coat then set aside to marinate for 30 minutes.

After this time, heat the mustard oil in a wok, add the whole spices and fry for about 30 minutes, or until aromatic. Now add the onions and fry until translucent. Add the tomatoes, green chillies and half the ground coriander then stir-fry for about 6 minutes.

Season to taste with salt and hot chilli powder then add the remaining ground coriander, cumin powder, garam masala and ground turmeric. Stir-fry for a further six minutes then stir in the prawns (and their marinating liquid) and cook for about 5 minutes, or until done through.

Turn onto a serving dish, garnish with the garlic strips and coriander then serve.

Balchão de Camarão (Goan Prawn Pickle)

Balchão de Camarão (Goan Prawn Pickle) is a traditional Indian recipe (from Goa) for a classic dish of prawns and onions cooked in a vegetable oil and tomato base with a spiced paste in palm vinegar that's cooked until almost dry and thickened with ground prawns before being served on a bed of rice.

Ingredients:

1.35kg (3 lb) fresh tiger prawns
115g (1/4 lb) dried, ground, prawns
900g (2 lb) onions, chopped
450g (1 lb) tomatoes, blanched, peeled and chopped
1 tbsp curry leaves
600ml (2 1/2 cups) vegetable oil
sea salt, to taste

For the Spiced Paste:

115g (1/4 lb) dry red chillies
30g (1 oz) cumin seeds
30g (1 oz) coriander seeds
15g (1/2 oz) black peppercorns
8g (1/4 oz) whole cloves
1/2 whole nutmeg, grated
8g (1/4 oz) cinnamon
60g (2 oz) ginger
60g (2 oz) garlic

500ml (2 cups) palm vinegar

Method:

Begin with the spice paste. Combine the spices in a coffee grinder and render to a powder. Now mix in the palm vinegar until you have a smooth paste then set aside.

Heat the vegetable oil in a wok, add the curry leaves and fry until they begin to crackle (about 30 seconds). Add the chopped onion and fry until well browned (about 8 minutes).

Add the spice paste and reduce the heat. Continue cooking, stirring constantly, until the oil separates and begins to float on the top.

As soon as this happens, stir in the chopped tomatoes and cook gently, stirring constantly, until they break down and form a sauce (about 10 minutes). Add the prawns and cook for a further 3 minutes, or until done. Stir in the ground prawns, cook briefly then take off the heat and serve on a bed of rice.

Karahi Machhli

Karahi Machhli is a traditional Indian recipe for a classic curry of white fish in a lightly-spiced oil base with onions, tomato puree and garlic.

Ingredients:

1kg (2 lb, 3 oz) firm white fish fillets (typically halibut, turbot, plaice or mullet)
2 large onions, sliced
4 garlic cloves, sliced
60ml (1/4 cup) oil, ghee or butter, for frying
1 tbsp freshly-grated ginger
1/2 tsp chilli powder
1/4 tsp ground turmeric
1/2 tsp ground coriander seeds
1/4 tsp ground mustard seeds
1 dessertspoon tomato purée
salt, to taste

Method:

Heat the oil, butter or ghee in a large pan. When hot add the fish fillets and fry for about 2 minutes per side, or until lightly golden. Remove the fish from the pan and set aside.

Add the onions to the oil remaining in the pan and fry for 2 minutes then stir in the garlic and the ginger. Fry for about 4 minutes more, or until golden brown then add the tomato purée and the spices. Stir in to combine and season to taste with salt. Stir in 120ml water then bring to a simmer. Continue simmering gently for about 10 minutes, or until the gravy is well blended and slightly thickened.

Return the fish to the pan, bring back to a simmer and cook for about 4 minutes more, or until the fish is hot through and flakes easily with a fork. Serve hot on a bed of rice.

Machhli ka Salna

Machhli ka Salna is a traditional Indian recipe for a classic curry of white fish fillets in a lightly-spiced water base with onions, garlic, tomato puree and curry powder.

Ingredients:

4 fillets of firm sea fish
2 onions, finely chopped
2 garlic cloves, finely chopped
60g (2 oz) ghee, butter or oil
1 tsp curry powder
1 dessertspoon tomato purée
120ml (1/2 cup) water

Method:

Heat the ghee or oil in a pan. When hot, add the onions and fry for 2 minutes then add the garlic and fry for 2 minutes more. Scatter over the curry powder, stir to combine and continue frying for 4 minutes more over medium-high heat.

Stir in the tomato purée and the water and bring the mixture to a boil. Gently lay the fish fillets on top and allow to cook in the gravy for about 8 to 12 minutes (depending on thickness) or until they are cooked through and flake easily with a fork.

Once you have added the fish, shake the pan from time to time to ensure the fish are not sticking to the bottom. Serve hot on a bed of rice.

Machhli ka Bhunja (Bombay Fish Curry)

Machhli ka Bhunja (Bombay Fish Curry) is a traditional Indian recipe (from Mumbai) for a classic lightly-spiced curry of fish in a coconut milk base soured with lemon juice.

Ingredients:

1kg (2 lb) fish (any kind, either fillets or steaks)
60g (2 oz) ghee or butter
2 garlic cloves, sliced
1 tsp ground coriander seeds
1/2 tsp chilli powder
juice of 1 lemon
300ml (1 1/4 cups) coconut milk
1 tsp rice flour
1 onion, chopped
1/2 tsp ground turmeric
2 dried chillies, sliced lengthways
salt, to taste

Method:

Melt the ghee or butter in a pan. When hot, add the onion and fry for 2 minutes. Now add the garlic and dried chillies along with all the ground spices. Stir to combine and fry for 2 minutes more.

In a bowl, beat together the coconut milk and the rice flour until smooth. Pour into the pan and stir to combine with the other ingredients then add the lemon juice and season to taste with salt. Bring to a simmer and cook very gently until the sauce thickens (about 10 minutes).

Carefully add the fish fillets and spoon over some of the sauce to cover. Cook for about 12 minutes (depending on the thickness of the fish), or until the fish fillets flake easily with a fork.

Serve hot on a bed of rice.

Hindustani-style Fried Fish

Hindustani-style Fried Fish is a traditional Indian recipe for a classic dish of fish rubbed with spice that's fried until crisp on the outside.

Ingredients:

4 whole fish, cleaned and scaled (about 250g [9 oz] apiece)
1 tsp chilli powder
1/2 tsp ground turmeric
4 garlic cloves
wholemeal flour
oil or ghee, for frying

Method:

Mince the garlic cloves then pound to a paste in a mortar before working in the chilli powder and ground turmeric. Wash the fish then cut a few slashes through the thickest part of the flesh. Rub the spiced garlic paste all over the fish then place in a bowl and set aside to marinate in the refrigerator for at least 40 minutes.

After this time, dip each fish in wholemeal flour to coat.

Heat the oil or ghee in a frying pan; add the fish and fry for about 12 minutes per side, or until cooked through. The fish should be golden brown when cooked and the flesh will flake easily with a fork.

Serve hot.

Boomla Begga ka Salna (Bombay Duck and Aubergine Curry)

Boomla Begga ka Salna (Bombay Duck and Aubergine Curry) is a traditional Indian recipe for a classic curry of Bombay duck and aubergine (eggplant) in a spiced gravy.

Bombay duck is a cured fish that can be found in Indian supermarkets, usually sold in pieces.

Ingredients:

1 large aubergine (eggplant [brinjal]), halved lengthways then cut into slices about 2cm (1 in) thick
2 tbsp desiccated coconut
1 large onion, finely sliced
1 tsp ground coriander seeds
1/2 tsp ground cumin seeds

1/2 tsp sea salt
12 pieces of Bombay duck
4 garlic cloves, finely sliced
1/2 tsp ground turmeric
1/4 tsp chilli powder
juice of 1 lemon
3 tbsp mustard oil or groundnut oil

Method:

Heat the oil in a pan, add the onion and fry for 2 minutes then add the garlic and fry for 3 minutes more.

Stir in the coriander seeds, cumin seeds, salt, turmeric and chilli powder and fry for 4 minutes more. Add the aubergine slices and pour over 300ml (1 1/4 cups) water. Scatter over the salt and stir gently to combine then bring to a simmer and cook for about 15 minutes, or until the aubergine is tender (when a sharp knife will easily pierce the skin side).

Cut each piece of Bombay duck in four and add these to the curry. Scatter over the coconut and sprinkle over the lemon juice. Stir very gently, bring back to a simmer and cook for 5 minutes more.

Serve hot, accompanied by rice.

Aloo Kolbi

Aloo Kolbi is a traditional Indian recipe for a classic curry of prawns and potatoes in a spiced coconut, onion, chilli and tomato base.

Ingredients:
1kg (2 lbs) king prawns, peeled
3 large potatoes, well scrubbed and halved lengthways
1/2 tsp chilli powder
1/4 tsp ground turmeric
2 tbsp desiccated coconut
2 large onions, finely chopped
2 green chillies, sliced lengthways into strips
4 tomatoes, finely diced
4 garlic cloves, finely chopped
1 tsp sea salt (or to taste)
60g (2 oz) ghee or oil for frying

Method:

Heat the ghee or oil in a pan, add the onions and fry for 4 minutes. Now add the garlic and green chillies and fry for about 3 minutes more, or until golden brown. Stir in the tomatoes and cook for 5 minutes then stir in 120ml water along with the chilli powder and turmeric. Season to taste with salt and bring to a simmer.

Add the potatoes and prawns and cook for about 25 minutes, or until the potatoes are

tender. Add the coconut and stir to combine then bring back to a simmer and cook gently for 5 minutes.

Serve immediately.

Chemmeen Curry (Prawn and Mango Curry)

Chemmeen Curry (Prawn and Mango Curry) is a traditional South Indian recipe for a classic curry of prawns and mango in a spiced coconut base.

Ingredients:

500g (1 lb) prawns (chemmeen), with shells
1 raw mango, peeled and chopped
100g (3 1/2 oz) tomatoes, chopped
60g (2 oz) freshly-grated coconut
2 pearl onions
1/2 tsp ground turmeric
1/2 tsp chilli powder
1 tsp coconut oil
a few curry leaves
1/2 tsp mustard seeds
salt, to taste

Method:

Add 60ml (1/4 cup) water to a pan. Bring to a simmer then stir in the prawns, mango pieces, tomatoes, ground turmeric and chilli powder. Season to taste with a little salt then bring to a boil.

Cook for 10 minutes, or until the prawns are pink and coked through and the mango is tender.

In the meantime, chop the pearl onions then pound to a paste in a mortar with the grated coconut. Stir this paste into the curry and bring back to a boil. As soon as the mixture boils, take off the heat.

Heat the coconut oil in a small pan, add the curry leaves and the mustard seeds. As soon as the mustard seeds begin to pop, take off the heat.

Turn the prawn curry into a serving dish, pour over the flavoured oil. Stir to combine and serve.

Allepey Fish Curry

Allepey Fish Curry is a traditional Indian recipe (from Kerala) for a classic curry of mackerel and mango in a coconut milk base flavoured with chillies, shallots, ginger and curry leaves.

Ingredients:

200g (7 oz) mackerel (sear fish), filleted and cubed
3 tbsp coconut oil

5 green chillies, split down one side
50g (2 oz) banana shallots, finely diced
10g (1/2 oz) ginger, peeled and thinly sliced lengthways
5g (1/4 oz) curry leaves
2 raw mangoes, peeled and cubed
1 tbsp ground turmeric
20g (2/3 oz) red chilli powder
200ml (4/5 cup) coconut milk
salt, to taste

Method:

Heat the coconut oil in a deep pan (reserve 1 tsp) then add the shallots, chillies, half the ginger, half the curry leaves and the cubed mango. Stir fry until the shallots turn translucent (about 6 minutes) then stir in the ground turmeric and the chilli powder. Mix thoroughly to combine then season to taste with salt and add 200ml (4/5 cup) water.

Bring to a simmer and cook gently for 5 minutes before adding the coconut milk. Bring back to a simmer and cook for 5 minutes more and then add the fish pieces.

Bring back to a simmer and cook for about 12 minutes, or until the fish pieces are tender.

In the meantime, heat the reserved 1 tsp coconut milk in a pan and add the curry leaves. Fry for a few minutes, until aromatic then take off the heat.

Pour the fish curry into a serving dish and top with the fried curry leaves. Serve immediately, accompanied by rice.

Shellfish Temperade

Shellfish Temperade is a traditional Indian recipe (from Goa) for a classic curry of mixed shellfish in a spiced onion and grated coconut base.

Ingredients:

150g (1/3 lb) assorted shellfish, scrubbed clean, de-bearded and picked over
1 tbsp coriander seeds
1 tsp cumin seeds
1 tsp freshly-grated coconut
2 large onions, chopped
3 dried red chillies
3 tbsp tamarind pulp
1 tsp sugar
1/2 tsp ground turmeric
2 garlic cloves, thinly sliced
small piece of ginger, pounded to a paste
1 tbsp oil
salt, to taste

Method:

Heat the oil in a pan and when hot add the cumin seeds, chillies and coriander seeds. Fry until they begin to splutter.

In the meantime, pound together the coconut, garlic, onions and ginger in a mortar and pound to a smooth paste.

Stir this paste into the fried seed mixture. Stir fry for 20 seconds then add enough water to make a gravy. Bring to a simmer then stir in the ground turmeric, tamarind pulp and sugar. Season to taste with salt, add the shellfish and cook for about 10 minutes, or until the sauce thickens and the shellfish are cooked.

Turn into a dish and serve.

Surmai Fish

Surmai Fish is a traditional Indian recipe (from Goa) for a classic dish of king mackerel steaks marinated in spices that are fried to cook.

Ingredients:

250g (9 oz) surmai fish (king mackerel [substitute mackerel]), cleaned, scaled and cut into steaks
1 1/2 tsp black peppercorns, crushed in a mortar
1/2 tsp red chilli powder
1/2 tsp hot chilli flakes
1/2 tsp lemon juice
1 tsp ginger-garlic paste
50ml (1/5 cup) curry leaves
oil for frying (coconut oil is typical)
salt, to taste

Method:

Place the fish in a bowl and season with the black pepper, chilli powder, lemon juice, ginger-garlic paste and salt. Toss to coat in the spices then cover the bowl and set aside to marinate for 30 minutes.

After this time, heat the oil in a wok or karahi. When the oil is hot, add the curry leaves and fry for 30 seconds, then add the fish pieces (and the spices). Fry for about 10 minutes, or until golden brown on the outside and cooked through. Serve hot.

Anda Jheenga Curry

Anda Jheenga Curry is a traditional Indian recipe for a classic curry of prawns in a thick, spiced onion sauce that's finished with coconut cream and halved hard-boiled eggs.

Ingredients:

4 hard-boiled eggs, peeled and halved lengthways
12 king prawns, cooked
1 tsp sea salt
4 garlic cloves, finely chopped

2 onions, finely chopped
2 green chillies, sliced lengthways into strips
1 tsp curry powder
1 dessert spoon tomato purée
juice of 1 lemon
50ml (1/5 cup) coconut cream
2 tbsp groundnut oil

Method

Heat the oil in a pan, add the onions, garlic and chillies and fry for 4 minutes, stirring frequently. Now stir in the curry powder and the tomato paste and cook for 6 minutes more, stirring frequently. Pour in about 100ml water and stir to combine. Bring to a gentle simmer then stir in the salt and lemon juice along with the coconut cream.

Bring back to a simmer and cook until the sauce is thick (it needs to be thick enough to coat the eggs). At this point sit in the egg halves, bring back to a simmer and continue cooking gently until the eggs are heated through. Serve hot, accompanied by rice and/or flatbreads.

Lobster Molee

Lobster Molee is a traditional Indian recipe for a classic curry of lobster meat (or king prawns) in a lightly-spiced coconut milk base.

Ingredients:

1 lobster, flesh removed from the shell (or 1kg of king prawns)
60g (2 oz) ghee or butter
1 large onion, chopped
4 garlic cloves, sliced
1/2 tsp ground turmeric
3 fresh chillies, sliced lengthways into strips
6 thin slices of fresh ginger
300ml (1 1/4 cups) thick coconut milk
1 tsp salt (or to taste)

Method:

Heat the garlic and butter in a pan. When hot, add the onion and fry for about 6 minutes, or until golden brown. Now add the turmeric, ginger, chillies and coconut milk. Bring to a simmer and cook for about 10 minutes, or until the sauce is thickened.

Add the pieces of lobster flesh (or the prawns), bring back to a gentle simmer and cook gently for 10 minutes. Serve hot on a bed of rice.

Fish Curry with Spinach

Fish Curry with Spinach is a traditional Indian recipe for a classic curry of fish fillets in a spiced spinach base.

Ingredients:

4 fish fillets (typically turbot, halibut or salmon) [about 125g each]
1kg (2 lb) fresh spinach, thoroughly washed and chopped
60g (2 oz) ghee or butter
1 tsp sea salt (or to taste)
3 large onions, sliced
8 large tomatoes, quartered
3/2 tsp ground chilli
1/2 tsp ground cumin seeds
pinch of ground cloves
1/2 tsp ground turmeric
1/2 tsp ground coriander seeds
pinch of ground cinnamon

Method:

Heat the ghee or butter in a pan. Add the onion and fry for 2 minutes then stir in the tomatoes and garlic. Fry for 5 minutes more then stir in the salt and spices. Simmer very gently for 4 minutes then add the spinach. Bring back to a simmer and cook for 4 minutes more then add the fish.

Continue cooking for about 15 minutes, or until the fish fillets are cooked through and flake easily with a fork. When you have added the fish, shake the pan gently every now and then to prevent the fish from sticking and burning.

Pickled Fish

Pickled Fish is a classic Indian method of pickling fish or prawns. Typically pickled fish of this kind is served plain boiled rice and dhal curry.

Ingredients:

1kg (2 lb) fish fillets (halibut, turbot or salmon) or prawns
2 tsp chilli powder
1 tsp ground turmeric
1/4 tsp sea salt
juice of 4 lemons
4 tbsp olive oil
1/2 tsp mustard seeds
1/2 tsp fenugreek seeds
pinch of asafoetida (hing)

Method:

If using fish fillets, skin them then cut into pieces about 5cm square. If using prawns, peel them.

Combine the chilli powder, turmeric and salt in a bowl then mix in the lemon juice to form a smooth paste. Rub this mixture all over the fish pieces, place in a bowl and set aside in the

refrigerator to marinate for 3 hours.

Pour the olive oil into a pan and when hot add the mustard seeds, the fenugreek seeds and the asafoetida. When the seeds begin to pop in the hot oil, add the fish and their marinade and fry for 15 minutes.

Take off the heat and serve. The mixture can also be transferred to a sterilized jar. It will keep in the refrigerator for up to two weeks.

Kolbi Patia (Prawn Curry, Parsi Style)

Kolbi Patia (Prawn Curry, Parsi Style) is a traditional Indian recipe for a classic curry of prawns in a spiced tomato and onion base cooked in ghee (clarified butter).

The Parsis are the descendants of a group of Zoroastrians of Iran who immigrated to India during the 10th century CE, to avoid persecution by Muslim invaders who were in the process of conquering Iran.

Ingredients:

500g (1 lb) prawns, peeled
3 large onions, finely sliced
4 large tomatoes, blanched, peeled and chopped
6 garlic cloves, finely chopped
1 thumb-sized piece of fresh ginger, peeled and finely chopped
1 tsp ground ginger
1/4 tsp chilli powder
1/2 tsp ground turmeric
8 green chillies, quartered lengthways
100g (3 1/2 oz) ghee or butter
1 tsp sea salt

Method:

Heat the ghee or butter in a pan. When hot, add the onions and fry for about 5 minutes, or until golden brown. At this point stir in the tomatoes, garlic and chopped ginger. Bring to a simmer and cook for 10 minutes over low heat (if it looks too dry at this point, add 100ml [2/5 cup] water).

Now add the prawns, the ground spices and the sliced chillies. Bring back to a simmer and cook for 10 minutes, or until the prawn are done through and the sauce is thickened.

Serve hot, accompanied by boiled rice and grilled or baked Bombay duck.

Prawn Rice

Prawn Rice is a traditional Indian recipe for a classic curry of prawns in a spiced coconut milk base cooked with peas and rice.

Ingredients:

400g (1 lb, scant) peeled prawns
2 large onions, chopped

1 tsp chilli powder
1/4 tsp ground cloves
120g (4 oz) butter
600ml (2 1/2 cups) coconut milk
225g (1/2 lb) basmati rice, washed
120g (4 oz) garden peas, fresh or frozen
1/2 tsp ground turmeric
1/4 tsp ground cinnamon
1/4 tsp ground cardamom
2 tsp salt (or to taste)

Method:

Place the rice in a bowl, cover with water and set aside to soak for 60 minutes.

Melt the butter in a pan (use a pan with a thick base, such as a cast iron casserole dish), add the onions and fry gently for about 4 minutes, until soft but not coloured. Stir in the peas and the prawns and cook over low heat for 10 minutes. Drain the rice and stir into this mixture with the peas and the prawns. Continue cooking, stirring constantly, until the rice turns golden.

Add the coconut milk then stir in the chilli powder the ground turmeric and the salt. Stir thoroughly to combine then cover the pan with a tight-fitting lid and cook for 10 minutes or until the rice is half done. Add the remaining spices, mix thoroughly then re-cover the pan and cook for a further 10 minutes over very low heat, or until all the liquid has been absorbed and the rice is completely cooked and each grain is separate.

Prawn Pilau

Prawn Pilau is a traditional Indian recipe for a classic one-pot dish of prawns, rice and onions cooked in a lightly-spiced coconut cream base.

Ingredients:

200g (7 oz) prawns, peeled
120ml coconut cream
6 onions, peeled and sliced lengthways
120g (4 oz) ghee or butter
225g (1/2 lb) long-grain rice (Basmati or Patna)
6 cloves
salt, to taste
seeds from 4 cardamom pods
4 small cinnamon sticks (3cm each)
2 blades of mace
6 whole black peppercorns
4 hard-boiled eggs, halved lengthways

Method:

Wash the rice thoroughly then place in a colander to drain. Heat the ghee or butter in a pan,

add the onions and fry for about 5 minutes, or until golden brown. Remove with a slotted spoon and set aside.

Add the rice and stir into the remaining butter, ensuring that each grain is coated in the oil. Continue frying until the rice is golden brown then stir in the spices, followed by the coconut cream an then the prawns. Add just enough water to barely cover the contents of the pan. Bring just to a boil, reduce to a low simmer, cover the pan and cook for about 25 minutes, or until all the liquid has been absorbed and the rice is quite dry.

Turn onto a warmed serving dish, garnish with the fried onion and the hard-boiled egg halve and serve.

If you want a slightly richer dish, you may add sultanas, pistachio nuts and cashew nuts to the rice.

Curried Eel Stew

Curried Eel Stew is a traditional Anglo-Indian recipe for a classic stew of eels cooked in a spiced coconut milk base; a blend of English and Bengali cooking styles.

Ingredients:

2 medium-sized eels
15cm (6 in) piece of fresh ginger
1 tsp plain flour
1/2 tsp freshly-ground black pepper
1 small blade of mace
2 tbsp sliced onion
generous handful of meat bones
1 dessert spoon butter
1 dessert spoon Worcestershire sauce
360ml (1 1/2 cups) water
8 cloves
9 green chillies
120ml (1/2 cup) coconut milk
1 tsp ground turmeric
1 dessert spoon fresh mint, shredded
1 dessert spoon coriander leaves, shredded
6 spinach leaves, finely chopped
1/2 tsp brown sugar
juice of 1 lemon
pared zest of 1 lemon
salt, to taste

Method:

Combine the meat bones, lemon zest, mace, spinach, mint, coriander, sugar, salt, half the black pepper and half the butter in a pan with half the onions and 60ml (1/4 cup) water. Bring to a simmer, cover and cook very gently for 15 minutes. Now add 240ml (1 cup) more water, bring

to a boil and continue boiling, covered, for 15 minutes more.

Skin the eels, remove the head and tails, gut them and cut into 8cm lengths. In a mortar, grind together the half the chillies, half the ginger and the turmeric with a little salt until you have a smooth paste. Rub this all over the eel pieces. Slit the remaining chillies down the middle and grate the remaining ginger.

Add the eel pieces, chillies, ginger, the remaining pepper, cloves and coconut milk in a clean pan. Strain the meat broth and add this to the pan. Bring to a simmer, cover the pan and cook gently for 30 minutes. Take out the fish and pieces and set aside on a warmed dish.

Melt the butter in a small pan, scatter over the flour and cook for 2 minutes, stirring constantly. Pour over the gravy from the fish, bring to a boil and cook for a couple of minutes, or until thickened. Stir in the lemon juice and Worcestershire sauce. Bring just to a boil, pour over the fish and serve accompanied by rice.

Challum

Challum is a traditional South Indian recipe for a classic dish of cutlets made from prawns, gated coconut, chillies, garlic and cumin that's fried in coconut oil to cook.

Ingredients:

150g (5 oz) peeled prawns
100g (3 1/2 oz) freshly-grated coconut
4 red chillies, finely chopped
1/2 tsp ground cumin seeds
2 tbsp coconut oil (or ghee)
4 garlic cloves
1/2 tsp ground turmeric
salt, to taste

Method:

Bring a small pan of water to a boil, add the prawns and boil for a couple of minutes, or until pink and cooked through. Drain the prawns and grind to a paste then mix in the chillies, cumin, garlic and turmeric. Add the grated coconut and salt and mix well to combine.

For the resultant mixture into round cutlets. Heat the coconut oil in a frying pan, add the prawn and coconut cutlets and fry until golden brown on both sides and cooked through. Serve hot with flatbreads and chutney.

Meen Molee (Fish Molee)

Meen Molee (Fish Molee) is a traditional Indian recipe for a classic curry of fried fish served in a spiced coconut milk base flavoured with ginger, vinegar, cinnamon and curry leaves.

Ingredients:

500g (1 lb) firm fleshy fish, cut into small pieces
2 large onions, sliced into long, thin strips
8 green chillies

120ml (1/2 cup) thick coconut milk
360ml (1 1/2 cups) thin coconut milk (fresh is best, but if using tinned mix half coconut milk with half water)
1 tsp fresh ginger, finely grated
1 tsp chilli powder (hot if you like it spicy, Kashmiri if you like it milder and more colourful)
1 tbsp vinegar
1/4 tsp ground turmeric
1/2 tsp freshly-grated black pepper
2 cinnamon sticks (about 3cm long)
4 cloves
1/2 tsp plain flour
2 sprigs of curry leaves
salt, to taste
Coconut Oil, as needed (or use another cooking oil)

Method:

Take the fish pieces and season with a pinch of ground turmeric, a little salt and 1/2 tsp chilli powder. Rub these ingredients into the fish then set aside to marinate for 40 minutes.

Heat 250ml (1 cup) oil in a small wok or karahi, add the fish pieces and fry for about 3 minutes, or until half done. Remove the fish with a slotted spoon and set aside on kitchen paper to drain.

Add 1 tbsp oil to a clean pan, add the onions to this and fry gently for about 4 minutes, or until soft. Scatter over the flour, chilli powder, black pepper and turmeric. Crush the curry leaves in your hands and add these as well. Stir-fry this mixture for 1 minute.

Stir in the thin coconut milk, along with the ginger, green chillies, vinegar, cloves and cinnamon. Season to taste with salt then cover the pan. Cook over low heat for about 15 minutes, or until aromatic. Now return the fish to the pan and bring the mixture to a boil.

Stir in the thick coconut milk then take off the heat. Serve hot, accompanied by rice and stir-fried vegetables.

Prawn Curry

Prawn Curry is a traditional Indian recipe for a classic curry of prawns in a spiced coconut milk base soured with tamarind juice.

Ingredients:

500g (1 lb) peeled prawns
300ml (1 1/4 cups) coconut milk
2 tbsp ground coriander seeds
2cm (1 in) piece of turmeric root, grated
1/2 tsp ground cumin seeds
2 red chillies, pounded to a paste
3cm piece of fresh ginger, grated

6 garlic cloves, pounded to a paste
60g (2 oz) ghee or butter
1 onion, sliced
1 tbsp tamarind juice
1/2 tsp salt (or to taste)

Method:

Melt the ghee or butter in a pan, add the onion and fry for about 4 minutes, or until soft but not coloured. Now add the prawns and fry until gently browned. Sprinkle over the salt and stir in all the spices and the garlic.

Dilute 150ml of the coconut milk with 150ml water and pour over the prawn mixture. Bring to a simmer and cook for about 10 minutes, or until the prawns are tender. Now stir in the tamarind juice and the remaining coconut milk.

Allow to heat through and serve hot with rice.

Prawn Bafat

Prawn Bafat is a traditional Indian recipe (from Bengal) for a classic curry of prawns in a lightly-spiced onion and coconut milk base.

Ingredients:

500g (1 lb) peeled prawns
1 tsp ground cumin seeds
1 1/2 tsp ground ginger
6 garlic cloves, mashed to a paste
1 tsp chilli powder
2 tbsp vinegar
1 dessertspoon ground coriander seeds
300ml (1 1/4 cups) coconut milk
45g (1 1/2 oz) ghee or butter
1 onion, finely sliced
1/2 tsp salt (or to taste)

Method:

Melt the ghee in a pan and use to fry the onion for about 8 minutes, or until nicely browned. Add the prawns to the pan and fry for a few minutes, or until they just turn pink. Now mix in all the spices and the salt. Continue stir-frying for about 5 minutes, or until the spices no longer smell raw then stir in the coconut milk.

Bring to a simmer and cook for 10 minutes. Take off the heat, stir in the vinegar and sere immediately with rice.

Salmon Curry

Salmon Curry is a traditional Anglo-Indian recipe for a classic curry of salmon pieces in a spiced coconut milk base flavoured with fenugreek leaves.

Ingredients:

500g (1 lb) salmon, cut into pieces
pulp from 6 tamarind pods
300ml (1 1/4 cups) coconut milk
1/2 tsp ground cumin seeds
6 black peppercorns
2 tbsp ghee or butter (or 120ml mustard oil)
1/2 tsp ground ginger
6 garlic cloves, mashed to a paste
2 red chillies
1/2 tsp fenugreek leaves (methi leaves)
1 tbsp ground coriander seeds
1 1/2 tsp ground turmeric
1/2 tsp salt (or to taste)

Method:

Melt the oil or fat in a pan, add the fenugreek and cook for 3 minutes then stir in the salt, garlic and the spices and fry for a few minutes, or until browned. Add the fish pieces and 150ml (3/5 cup) water. Bring to a simmer, cover and cook gently for 10 minutes then stir in the tamarind pulp.

Cook for 1 minute more then stir in the coconut milk. Allow to heat through and serve immediately, accompanied by rice.

Nethili Meen Fry (Fried Anchovies)

Nethili Meen Fry (Fried Anchovies) is a traditional Indian recipe (from Kerala) for a classic dish of anchovies marinated in a spice blend that are deep fried to cook.

Ingredients:

250g (9 oz) fresh anchovies
3 tbsp plain flour
oil for deep frying
For the Marinade:
8 shallots, 4 garlic cloves
5cm (2 in) length of ginger
1 tsp hot chilli powder (or to taste)
pinch of ground turmeric
1/4 tsp freshly-ground black pepper
salt, to taste

Method:

Clean and scale the fish and pinch off their heads.

Grind all the marinade ingredients together in a mortar or a food processor, adding a little water, as needed so you get a smooth paste.

Mix this with the fish then set aside for at least 60 minutes to marinate.

Heat oil in a deep fryer or a wok to 180ºC (360ºF). When hot mix the flour into the fish and marinade mixture until smooth.

Add about 1/4 of the fish to the hot oil and fry until nicely browned. Drain on kitchen paper as you cook the next batch. Serve hot.

Traditionally, this is done with the bones in, but you can use anchovy fillets if you prefer.

Kerala Fish Fry

Kerala Fish Fry is a traditional Indian recipe (from Kerala) for a classic dish of fish fillets, coated in a spice paste marinade that are fried in coconut oil to cook.

Ingredients:

4 fillets of firm fish (or four small fish, cleaned and scaled and with the heads removed)
For the Spice Paste:
1 tsp chilli powder
1/4 tsp freshly-ground black pepper
1 tsp ginger-garlic paste
leaves from 1 curry sprig
pinch of ground turmeric
1/4 tsp ground fenugreek
salt, to taste
coconut oil for deep frying

Method:

In a mortar or food processor, grind together all the ingredients for the spice paste, adding a little water, as needed. Rub the paste over the fish then sit in a dish and set aside in the refrigerator to marinate for 4 hours.

Heat coconut oil to a depth of 3cm (1 in) in a large pan or wok. When hot add the marinated fish pieces and fry until cooked through and quite dark on the outside. Serve hot with rice or boiled tapioca.

Meen Vevichathu (Kerala-style fish Curry)

Meen Vevichathu (Kerala-style fish Curry) is a traditional Indian recipe (from Kerala) for a classic curry of fish in a spiced gravy flavoured with ginger, chillies, curry leaves and spices.

Ingredients:

500g (1 lb) firm fish, cleaned and cubed (traditionally this is made with the bones in)
3 tbsp red chilli powder (ground Kashmiri chillies is traditional)
1 tbsp ground coriander seeds
3 pieces of dried kudam puli (*Garcinia cambogia*, also known as Malabar Tamarind — substitute tamarind if you absolutely cannot get this)
1/2 tsp ground turmeric
1/4 tsp fenugreek seeds

3 sprigs of curry leaves
5 shallots
5 garlic cloves
3cm (1 in) length of ginger
3 green chillies, split along one side
3 tbsp coconut oil
salt, to taste

Method:

Place the shallots, ginger and garlic in a mortar and pound to crush with a pestle.

Heat the oil in a pan and add the fenugreek seeds. As soon as they begin to splutter add the ginger-garlic and shallot paste. Stir-fry for 10 seconds only then stir in the ground coriander seeds and the chilli powder.

Fry the mixture for a further 10 seconds then add the curry leaves and the green chillies. Mix well to combine then add the ground turmeric and the pieces of kudam puli. Mix in 500ml (2 cups) water and season to taste with salt.

Bring the resultant mixture to a boil and cook for 3 minutes before adding the cubes of fish. Bring to a simmer and cook over low heat for 10 minutes, or until the fish is coked through. Adjust the seasoning to taste and add more kudam puli if not tangy enough.

Serve hot. Traditionally this is accompanied by Kappa Puzhukku.

Fish Kofta with Rice

Fish Kofta with Rice is a traditional Indian recipe (from North India) for a classic dish of fish meatballs that are tehcooked with rice in a cider vinegar base.

Ingredients:

500g (1 lb) firm white fish fillets
1 large onion, finely sliced
120ml (1/2 cup) mustard oil
3 egg yolks, beaten
1/2 tsp freshly-grated nutmeg
30g (1 oz) coriander leaves, finely chopped
45g (1 1/2 oz) wholemeal flour
180g (6 oz) ghee or butter
125g (4 1/2 oz) rice
1 tbsp lime juice
200ml (4/5 cup) cider vinegar
1 tsp freshly-ground black pepper
1/2 tsp ground cloves

Method:

Flake the raw flesh from the fish fillets and mix with the chopped onions. Heat the oil in a pan and when it is almost smoking add the fish and onion mix. Stir-fry for about 5 minutes, or

until the fish is cooked and the onions are golden brown. Drain away any excess oil and turn the fish and onion mix into a bowl.

Set the mixture aside to cool them mix in the egg yolks, nutmeg and coriander leaves. Use the flour to help you mould the mixture into balls.

Melt the butter in a pan, and when it's foaming sprinkle over the ground cloves and fry for 10 seconds. Add the rice and stir over medium heat for about 7 minutes, or until golden brown. Pour in the cider vinegar, cook for 1 minute then add the black pepper, fish meatballs and lemon juice.

Slowly pour in water so that the rice is covered by 3cm (1 in). Bring the mixture to a boil, clover the pan with a tight-fitting lid and reduce the heat to a gentle simmer. Cook for about 35 minutes, or until the rice is tender and all the liquid has evaporated away.

Crab Koftas

Crab Koftas is a traditional Indian recipe (from North India) for a classic dish of crab meatballs served in a lightly-spiced mustard oil and passata base.

Ingredients:

500g (1 lb) crab, lobster or prawn meat (or a mix)
1 dessertspoon finely-chopped coriander leaves
1 tsp chopped mint
1 tsp chopped tarragon
4 stalks of lemongrass (hard outer layers stripped off)
6 bayleaves
2 large onions, finely sliced
1 dessertspoon coriander seeds, cracked in a mortar
240ml (1 cup) mustard oil, or ghee
4 red chillies, finely chopped
12 black peppercorns, cracked in a mortar
250ml (1 cup) passata (tomato juice)
90g (3 oz) breadcrumbs
1 large egg, well beaten
1 tsp ground cumin seeds
4 garlic cloves, chopped
generous pinch of ground ginger

Method:

Parboil the meat until partly cooked. Chop finely then place in a mortar and pound to a paste. Turn the meat into a bowl and mix with the coriander leaves, mint, tarragon and garlic. Now add the ginger, peppercorns and coriander seeds and mix once more. Moisten the mixture with a little passata then form into balls about 3cm in diameter.

Separate the egg, beat the white until stiff then mix in the yolk. Dip the balls into the egg then roll in the breadcrumbs to coat evenly. Repeat the process until all the balls are coated.

Heat the mustard oil or ghee in a pan, add the chillies, ground cumin and onions and fry

until the onions are golden brown in colour. Add the lemongrass and bayleaves and fry for 20 seconds then add the meatballs and gently fry them until golden brown all over and cooked through (about 15 minutes), then add the remaining passata and bring just to a boil.

Immediately before serving, remove the lemongrass and bayleaves and serve immediately, accompanied by boiled rice and lemon, lime or bamboo pickle.

Fish Kebab

Fish Kebab is a speciality of Bengal, where the meat of traditional Muslim kebabs has been substituted by fish.

Ingredient:

500g (1 lb) firm sea fish (any kind)
2 large onions, minced
3 onions, sliced
1 tsp butter
5cm (2 in) piece of fresh ginger
1 tsp cumin seeds
1 tbsp coriander leaves, chopped
12 black peppercorns, cracked in a mortar
1/2 tsp ground cloves
1/2 tsp chilli powder
2 eggs
salt, to taste
1 dessertspoon marjoram, copped
oil for deep frying

Method:

Bring a pan of water to a boil, add a little salt then add the fish pieces and cook for about 15 minutes, or until tender. Drain the fish and set aside to cool.

Heat the butter in a pan, add the onion and fry for about 10 minutes, or until golden brown in colour. Turn into a bowl and set aside. Finely chop the parsley and marjoram then mix in a bowl with the ginger, cumin seeds, black peppercorns and chilli powder. Beat the eggs thoroughly in another bowl.

Flake the fish and mix with the beaten egg then add the fried onion and herb and spice mix. Bring the ingredients together and form into 5cm diameter balls.

Heat oil in a deep fryer to 180ºC (360ºF). Add the fish balls and deep fry for about 8 minutes, or until golden brown and heated through. Remove from the oil, drain on kitchen paper then thread onto skewers with a slice of onion between each fish ball.

Serve hot, accompanied by rice and chutney.

Coconut Prawn Curry

Coconut Prawn Curry is a traditional Indian recipe (from South India) for a classic curry of

prawns served in a pounded coconut, chilli, garlic and onion paste mixed with tamarind juice and curry leaves.

Ingredients:

1 coconut, finely grated
400g (1 lb, scant) prepared prawns
12 green chillies
1 tsp ground cumin seeds
8 garlic cloves
8 small onions, chopped
2 tsp oil
4 tbsp tamarind pulp
10 curry leaves
salt, to taste

Method:

Finely shred the curry leaves and mix with the coconut, chillies, cumin, onions and garlic. Place in a mortar and pound to a smooth paste with the oil.

Mix the tamarind pulp in 100ml (2/5 cup) hot water. Mash to form a juice then strain to remove any shells and stringy pieces. Add the tamarind water to the coconut mixture and make up to 1.2l (5 cups) with warm water.

Pour this mixture into a pan, add the prawns and season to taste with salt. Bring to a simmer and cook gently for about 10 minutes, or until heated through and the prawns are pink and cooked.

Serve hot with plain rice.

Young Milk Shark Curry

Young Milk Shark Curry is a traditional Sri Lankan recipe for a classic curry of baby shark cooked in a herbed and spiced coconut milk base with saffron.

I often go fishing near my parents' home in North Wales. There are a large number of fish species to be caught, but the one you tend to catch most often, particularly in late summer is the dogfish, which is sold in fish and chip shops as 'rock salmon'. Now, the dogfish is a species of small shark with sandpaper-like skin and I often have had problems with how to cook it. Then, whilst perusing an old recipe book, I came across this recipe from Sri Lanka for cooking young milk shark (about 30cm [12 in] long). This was about the same size as the dogfish I was catching, and, because a dogfish is a shark I decided to try this recipe... and it really worked. So, if you have ever caught dogfish and thrown it back, rather than trying to cook it, then this just could be the recipe for you.

Ingredients:

1 baby milk shark (about 30cm [12 in] long), or a dogfish of similar size

For every 1kg of fish add:

4 garlic cloves, chopped

3 slices of fresh ginger, chopped
5cm (2 in) length of pandan (rampe) leaf
2cm (1 in) length of lemongrass, hard outer layers removed
1 sprig of curry leaves
3cm (1 in) length of cinnamon stick
1 tbsp coriander seeds
1 tsp white cumin seeds
1/2 tsp sweet cumin seeds.
60ml (1/4 cup) oil or ghee, for frying

For the curry:
2 garlic cloves
2 pieces of ginger (each 3cm [1 in] thick)
3cm (1 in) length of cinnamon stick
6 curry leaves
10 cardamom pods, ground to a powder
juice of 2 limes
1 dessertspoon ghee or cooking oil
2 pieces of fresh ginger (each 2cm long)
1/2 tsp fresh fennel leaves, finely chopped
400ml (1 2/3 cups) coconut milk
1/2 tsp saffron, crumbled to a powder
20 dried red chillies, toasted until aromatic and ground
1 dessertspoon tamarind juice (dissolve tamarind paste in boiling water)
salt, to taste
1 tbsp arrack or rum

Method:

You could use a whole, firm, white fish for this instead of shark. But, if using shark clean and then skin the fish before cooking.

Heat the 60g ghee or oil in a heavy-based pan then add all the ingredients from the first batch of spices and fry until coloured dark brown. Turn into a bowl and set aside.

Add the 1 dessertspoon ghee or oil from the second batch to the pan. Mix all the ingredients from the curry batch of spices (except the tamarind juice and coconut milk) with the fish. Add to the pan and fry until the fish is lightly browned all over. When fried, add the coconut milk and tamarind juice then mix the fried spices and bring to a simmer. Season to taste with salt, cover the pan and cook gently for about 40 minutes, or until the fish is tender (the flesh should flake easily with a fork).

Remove the fish and set aside on a warmed serving dish. Stir the arrack or rum into the sauce, simmer for 2 minutes more, pour over the fish and serve.

Sri Lankan Crab Curry

Sri Lankan Crab Curry is a traditional Sri Lankan recipe for a classic curry of crabs cooked

with drumstick tree leaves and chillies in a coconut milk base.

Ingredients:

5 large cooked crabs
750ml (3 cups) thin coconut milk
500ml (2 cups) thick coconut milk
2 handfuls moringa (drumstick tree) leaves
6 red onions, sliced
juice of 1 lemon
6 green chillies, sliced
2 dessertspoons ground chillies
1 sprig curry leaves
1 dessertspoon coconut oil or ghee
salt, to taste

Method:

Wash the crabs thoroughly, then remove the top shells and take out the brown and white meats (also remove the meats from the claws).

Heat the oil in a pan, add the onions and fry for about 5 minutes, or until lightly browned then stir in the crab meat, the coconut milks, lemon juice, drumstick tree leaves, chillies, ground chillies and curry leaves.

Season to taste with salt, bring to simmer and cook, uncovered, until the sauce has reduced down to about 1l. Serve hot, accompanied by rice.

Cuttlefish and Moringa Leaf Curry

Cuttlefish and Moringa Leaf Curry is a traditional Sri Lankan recipe for a classic curry of cuttlefish cooked with drumstick tree leaves in a spiced coconut milk base.

Ingredients:

1 cuttlefish (about 250g [9 oz]), cleaned and cut into bite-sized pieces
1 small onion, finely minced
2 garlic cloves, chopped
2 green chillies, halved lengthways
sprig of curry leaves
1/4 tsp fenugreek seeds
1/4 tsp ground turmeric
1 tsp hot chilli powder
1/4 tsp freshly-ground black pepper
1/2 tsp curry powder, toasted in a dry pan until aromatic
1 tomato, quartered
1/2 tsp cornflour (cornstarch)
400ml (14 1/2 oz) tin of coconut milk
1 bunch of moringa (drumstick tree) leaves

2 tbsp groundnut oil
salt, to taste

Method:

In a bowl, combine the cuttlefish pieces with the turmeric, chilli powder, cornflour, black pepper and a pinch of salt. Toss to coat and set aside.

Heat the oil in a pan and when hot use to fry the onions, curry leaves, garlic and green chillies for about 6 minutes, or until the onions are golden brown.

Add the cuttlefish (and their spices) and stir-fry for 2 minutes. Now pour in the coconut milk and add the fenugreek seeds, curry powder and tomato. Bring the mixture to a boil, reduce to a simmer, cover and cook for about 15 minutes, or until the cuttlefish pieces are tender.

Take off the heat and stir in the moringa leaves. Serve immediately, accompanied by rice.

Stuffed Bell Pepper Curry

Stuffed Bell Pepper Curry is a traditional Indian recipe for a classic curry of bell peppers stuffed with an onion and Bombay duck mix that's cooked in a coconut milk base flavoured with onion, Bombay duck and curry leaves.

Ingredients:

6 large green bell peppers
115g (1/4 lb) red onions, finely sliced
60g (2 oz) smoked and dried fish (or Bombay duck), flesh removed and pounded to a paste
1/4 tsp hot chilli powder
2 tbsp coconut oil
butter or oil for frying
1 dessertspoon lime juice
salt, to taste

For the curry:

250ml (1 cup) thick coconut milk
1 tsp chilli powder
1 tsp smoked and dried fish (or Bombay duck), flesh removed and flaked
4 red onions, thinly sliced
1 sprig curry leaves
pinch of saffron
2 tsp lemon juice
salt, to taste
1 tsp curry powder

Method:

Slit the bell peppers lengthways along one side and about 5cm (2 in) from the ends. Remove the membranes and seeds with a small spoon.

In a bowl, mix the onions with the fish, chilli powder, coconut oil and lime juice. Season to taste with salt then use this mixture to stuff the bell peppers.

Heat butter or oil in a frying pan, add the stuffed bell peppers and fry for about 12 minutes, or until browned all over and cooked through. Remove from the pan and set aside.

Mix the red onions with the chilli powder, dried fish, curry leaves, saffron, lemon juice and salt. Put the mixture in a pan and pour over the coconut milk. Bring to a boil, reduce to a simmer and cook for 12 minutes.

Arrange the stuffed bell peppers on a serving dish. Sprinkle the curry powder over the curry sauce, pour over the curry sauce and serve.

Khichiri Prawn Sauce

Khichiri Prawn Sauce is a classic Indian recipe (from Bengal) for a classic dish of prawns in a tomato and onion base. This can be served as a sauce in its own right, but is typically mixed with cooked basmati rice and moong dhal (hulled black chickpeas) before serving.

Ingredients:

15 medium-sized prawns, peeled and de-veined
1 tsp ground turmeric
3 tomatoes, chopped
2 onions, thinly sliced
2 tbsp ginger, finely chopped
1 tbsp garlic, finely chopped
5 green chillies, a lengthways slit cut in the slides
2 tsp garam masala
2 tbsp ground coriander seeds
4 tbsp ghee
salt, to taste
6 whole green chillies, to garnish
2 tbsp freshly-grated coconut (optional)

For a Substantial dish:

150g cooked rice
75g cooked moong dhal (hulled black chickpeas)
100g cooked fresh garden peas

Method:

Mix the prawns with the ground turmeric in a bowl and set aside.

Heat 2 tbsp of the ghee in a wok, add the prawn and season with a little salt. Fry until pink and just cooked through then remove with a slotted spoon and set aside.

Add the remainder of the ghee to the wok and when hot scatter over the garam masala. Fry for 20 seconds then add the onion slices and fry for about 6 minutes, or until golden brown. Now add the ginger, garlic and the slit green chillies. Scatter over the ground coriander seeds and fry, stirring frequently, for 2 minutes.

Stir in the tomatoes and fry for about 5 minutes, or until they begin to break down. Return the prawns to the pan and allow to heat through. Serve garnished with the grated coconut and

whole green chillies.

To make this into a more substantial dish to serve on its, own, prepare the sauce as above and, just before serving stir in 150g cooked rice, 75g cooked moong dhal and the garden peas.

Vegetarian Curries.

Vegetarian dishes, particularly those based on pulses and beans of various kind are an important and integral part of Indian cuisine. Partly this is due to the absence of meat in the Hindu diet, but it's also due to the fertility of the Indus valley where a number of the pulses, vegetable and spices used internationally today originate. It is also the case that a mix of pulses and rice (dhal, rice and wheat-based bread in the Indian context) provides all the amino acids that humans need, so a combination of these and dietary fat can sustain a large population.

Parthade Curry

Parthade Curry is a traditional Indian recipe for a classic curry of parthade (steamed vegetarian dish of greens and chillies in a ground rice dough).

Ingredients:

10 dried chillies

1 small piece turmeric root

2 tbsp coriander seeds
5 peppercorns
2 tsp cumin seed (jeera)
1 onion
1 tsp brown mustard seeds
1 1/2 coconuts
350g parthade slices
1 tbsp tamarind paste
salt to taste

Method:

Extract 250ml (1 cup) thick coconut and 750ml (3 cups) thin coconut milk from 1 coconut as follows: Grind the fresh coconut to a paste and when the paste is smooth add 300ml (1 1/4 cups) water (and the juice of 1 coconut) and mix thoroughly. Squeeze as much coconut milk from the resulting mixture as possible. Then add a further 800ml (3 1/2 cups) water, mix and squeeze the coconut milk out into a separate bowl to give you a thin coconut milk.

Roast each spice separately in a dry frying pan and when fragrant place in a coffee grinder and grind finely. Then add to 500ml (2 cups) of the thin coconut milk. Fry the grated flesh from the remaining coconut and 1 onion, finely sliced, in a little ghee. When the onion is soft and translucent add the thin coconut with the spices. Cook for five minutes then add the remaining thin coconut milk. Season with salt and simmer for a few minutes. Finally, add the tamarind paste and the parthade. Cook for 15 minutes and serve with rice and/or naan bread.

Mysore Bonda

Mysore Bonda is a traditional Indian recipe for a classic curry of black lentils and green chillies.

Ingredients:

115g (1/4 lb) black gram dal [lentils] (urad dal)
2–3 green chillies
a few sprigs of coriander leaves
1 sprig curry leaves (or 6 dried curry leaves)
10g (1/3 oz) grated coconut
5g (1/4 oz) freshly-grated ginger
2–3 black peppercorns
salt to taste
oil for frying

Method:

Soak the dal in water for an hour. Drain completely then grind to a fine powder, along with the chillies and salt. Chop the coriander leaves and curry leaves very finely and add to the ground paste. Form the paste into balls, about the size of a small lime).

Meanwhile, heat oil in a wok until very hot and drop the paste balls into this. Fry until a

deep golden brown then drain on kitchen paper and serve.

Sambhar (Lentil Curry)

Sambhar (Lentil Curry) is a traditional Indian recipe for a classic lentil and vegetable curry that can be served either as an accompaniment or as a dish in its own right.

Ingredients:

For The Curry:
1 1/2 tsp Garam Masala
1/2 tsp Cardamom Seeds, crushed
225g (1/2 lb) Cauliflower Florets (Or substitute broccoli)
225g (1/2 lb) Mooli, peeled and thickly sliced
10 Okra, 'topped & tailed'
1 Onion, thickly sliced
225g (1/2 lb) Red Lentils
1 Red bell pepper, de-seeded & chopped
Sea Salt, to taste
4 Tomatoes, quartered
2 tsp turmeric
2 tsp Unrefined Light Muscovado Sugar

For The Tempering:
1/2 tsp black mustard seeds, crushed
Fresh coriander leaves to garnish
2 Garlic Cloves, crushed
2 tsp Red Chillies, finely chopped
3 tbsp Vegetable Oil
1/2 tsp White cumin seeds

Method:

Place the lentils and turmeric in a large pan, cover with water and bring to the boil. Simmer until the lentils are mushy, (about 20 minutes) ensuring that the water is topped-up. Once done, drain and mash the lentils, then add the okra, cauliflower (or broccoli), mooli, onion and Muscovado sugar. The consistency you're aiming for should be that of a thick soup — add more water if needed.

Mix in the crushed cardamom seeds and Garam Masala and simmer until the vegetables are tender, (about 15–20 minutes). Add the tomatoes, red pepper and sea salt, cover and keep warm.

For the tempering, heat the oil in a frying pan then add all the spices and garlic and fry until they begin to crackle. Immediately pour over the sambhar and serve garnished with coriander.

Aloo Dhaniya (Balti Potatoes and Coriander)

Aloo Dhaniya (Balti Potatoes and Coriander) is a traditional Indian recipe for a classic

curry of potatoes that can be served as an accompaniment or a vegetarian main course.

Ingredients:

250g (9 oz) Fresh coriander (cilantro) leaves
2 tbsp Vegetable Oil
125g (5 oz) Onion, finely chopped
1 tsp ground garlic
350g (12 oz) Potatoes cut into 3cm (1 in) dice
1/2 tsp Salt
1/2 tsp Chilli Powder
1/2 tsp turmeric
1 tsp Nigella seeds
1 tsp green chillies, ground
1 tbsp Ghee (or Olive oil)
2 tbsp olive oil
1 tsp Root ginger, freshly grated

Method:

Prepare the coriander by taking the leaves off the stalks, placing in a large bowl with plenty of water and soaking for 20 seconds, so any silt can settle to the bottom. Gently remove the leaves and chop finely or blend in a food processor.

Put the oil in a *karhai*, round-bottomed wok or deep frying pan, add the onions and fry until transparent. Then add the garlic and Nigella seeds and fry for 1 minute, before adding the potatoes, salt, red chilli powder and turmeric. Cook on the lowest heat setting for 5 minutes, or until the potatoes are part done. Add the coriander and fresh chillies and mix once.

Simmer on low heat, for 10 minutes or until potatoes are fully cooked (stir from time to time to prevent the mixture from sticking to the bottom). If the potatoes are cooked but liquid remains, cook uncovered until it evaporates.

Add the ghee and grated ginger to a small frying pan and cook on low heat for 1 minute or until brown. Pour on top of the vegetables in the wok (this mixture is called *tark*).

Take to the table and serve without mixing. Serve with warm naan bread or chapattis brushed with some oil or butter, and a bowl of natural yoghurt and thin slices of mooli.

Tarka Dal

Tarka Dal is a traditional Indian recipe for a classic curry of lentils flavoured with garam masala prepared as it would be in an Indian restaurant.

Ingredients:

115g (1/4 lb) Red Split Lentils
4 tbsp melted vegetable ghee
700ml (3 cups) water
1 Small onion, chopped
1 tsp Salt

3 garlic cloves, finely-chopped
pinch of turmeric
1/2 tsp Garam Masala
1 tomato, chopped
2 tbsp Fresh coriander leaves, finely chopped

Method:

Wash the lentils in several changes of water then place in a saucepan, add the 700ml (3 cups) of water and the salt then bring to a boil. Once the water boils turn the heat down to a simmer. Cook uncovered for the first 20 minutes, and skim-off any froth that collects during this time. At the end of this time partly cover the pan with a lid. Cook for a further 40 minutes, stirring occasionally (at which point the mixture should resemble a pale yellow soup).

While the dal (lentils) are cooking heat the vegetable ghee (alternatively use concentrated butter or vegetable oil) in a frying pan, add the onion and garlic until the onions turn a pale brown in colour. Add the turmeric and garam masala to the onions and fry for a few seconds before turning off the heat.

Finally stir the fried onion mixture into the cooked lentils, sprinkle with the chopped tomato and chopped coriander then serve immediately.

Paneer Cheese

Paneer Cheese is a traditional Indian recipe for the creation of a simple curd cheese that's a staple of Indian vegetarian cookery.

Paneer is a very simple to make Indian curd cheese that's a staple of many Indian dishes. It can be difficult to source in the shops, but is so ridiculously easy to make that there's no reason not to prepare it yourself.

The name itself, though Hindi, is derived from the Persian *panir* and is the most common form of South Asian cheese. It is also known as *Chhena* in Bengali and *Chaman* in Kashmiri (both words that derive from the Hindi *Chhaan* 'to strain' and effectively describe how the cheese is made).

Ingredients:

4l (8 cups) full-fat milk
lemon juice (or 1 tsp vinegar)
a cheese cloth or clean tea towel (or, at a pinch a clean T-shirt)

Method:

Add the milk to a pan and warm gently then add a little lemon juice to it. The aim here is to just add enough lemon juice for the milk to curdle (you're not trying to give the cheese a lemon flavour). Gently mix with a wooden spoon. As you do so, the milk should separate into a transparent liquid (the whey) and lumps of congealed white matter (the curds).

Use your cheese cloth (or other cloth) to line the inside of a strainer. Place this over a large bowl and tip your split milk into it. Allow the liquid to drain away naturally then lift the free ends of the cloth and twist so that the cloth tightens down on the cheese. This will force any

moisture out of the cheese.

Twist the cloth as much as possible to remove as much of the excess liquid as you can, then open the cloth package. Gently lift out the cheese and place in the bottom of a flat-bottomed bowl. Place a saucer on top then weight the saucer down with a weight (traditionally a filled iron teapot is used). Place in the fridge for about 3 hours so that the cheese has a chance to dry and set. If more water comes out, simply discard.

When done your cheese is ready to use. Just cube and use as you would any store-bought paneer.

This is very much a basic recipe for a plain paneer and you can add flavourings such as cardamom, cumin seeds etc, as you wish.

Mattar Panir

Mattar Panir is a traditional Indian recipe for a classic curry of paneer (curd cheese) and peas in a spiced cream-based sauce.

Ingredients:

500ml (2 cups) Whole Milk
4 tbsp Lemon Juice
175g (6 oz) Frozen Peas
275ml (1 cup + 2 tbsp) Curry Sauce
1/2 tbsp turmeric
1/2 tsp Garam Masala
1/2 tsp Chilli Powder
1/2 tsp ground coriander
1/2 tsp Salt
1 tbsp Single Cream
400g (1 lb, scant) paneer (curd cheese) cut into 3cm (1 in) cubes
2 tsp Fresh coriander leaves, finely chopped

Method:

First you will need to make curd cheese. Add the milk to a saucepan and bring to the boil. Immediately add all the lemon juice and stir into the milk until the milk appears to curdle. At this point the solids should be clearly separate from the liquid whey. Strain through muslin and place the curds (still in the muslin) onto a tray. To dry the curds put a large flat object (like a chopping board) on top and weight it down with bricks or a pan filled with water. Leave for fifteen minutes so that as much liquid as possible is squeezed from the curds.

At the end of this time remove the curds from their muslin wrapping and cut the curds into 1cm cubes. Meanwhile heat about 1l (4 cups) of cooking oil in a wok. When the oil is sizzling deep fry the cheese cubes in this and cook until golden brown in colour. Remove with a slotted spoon and set aside.

Heat about 5 tbsp of oil in a large frying pan and add the peas. Fry these gently for about three minutes before adding the curry sauce. Bring to a simmer then add the salt, turmeric, ground coriander and chilli powder. Simmer the mixture, stirring occasionally, for ten minutes.

At the end of this time add the cheese cubes and garam masala. Simmer for a further ten minutes then stir in the cream. Finally garnish with the chopped coriander and serve.

Paneer Maza

Paneer Maza is a traditional Indian recipe for a rich and aromatic curry of vegetables and paneer (curd cheese).

This is a classic, rich, dry, Indian curry made with Paneer cheese and peas. The dish itself is served in a sauce that's almost dry in consistency.

Ingredients:

225g (1/2 lb) paneer (curd cheese), cubed
2 onions, finely chopped
2 green chillies, finely chopped
2 tomatoes, finely chopped
1 tbsp groundnut oil
1 tbsp hot chilli powder
1 tbsp turmeric
2 generous pinches of powdered green cardamom
generous pinch of cumin seeds
1 tsp Garam Masala
1 1/2 tsp ginger-garlic paste
1 tbsp tomato purée
salt and freshly-ground black pepper, to taste
120ml (1/2 cup) water
100g (3 1/2 oz) frozen garden peas

Method:

In a bowl, mix together the paneer, turmeric and cardamom powder then set aside to marinate for 20 minutes.

Heat the oil in a wok or deep pan and add the cumin seeds followed by a pinch of cardamom powder. Immediately add the onion and fry until soft and golden (about 8 minutes). Then add the green chillies and ginger garlic past and fry for 3 minutes.

Now add the tomato, chilli powder and the garam masala before seasoning with salt and black pepper. Mix well to combine then add the tomato purée and stir to combine before adding the water and the paneer.

Bring to a boil then reduce to a simmer and cook until the paneer is soft then add the garden peas and cook until heated through (about 5 minutes). Serve with roti (Indian flatbread).

Paneer Makhani

Paneer Makhani is a traditional Indian recipe for a rich cheese curry in a milk-based sauce.

This is a classic, rich, dry, Indian curry made with Paneer cheese and peas. The dish itself is served in a sauce that's almost dry in consistency.

Ingredients:

225g (1/2 lb) paneer, cubed
4 ripe tomatoes, chopped
1 ripe tomato, ground to a paste
10g (1/3 oz) freshly-grated ginger
2 tsp oil
3 green cardamom pods
1/2 tsp sugar
1/2 tsp Garam Masala
1/2 tsp chilli powder
1 tsp tomato purée
4 cashew nuts, ground to a powder
240ml (1 cup) whole milk
4 tbsp single cream
salt and black pepper, to taste

Method:

Heat the oil in a wok or deep frying pan and add the ginger and chopped tomatoes. Stir-fry for 2 minutes then add the ground tomato. Cook, stirring all the while, until the tomatoes break down to form a sauce then stir-in the ghee. Crack the cardamom pods in a pestle and mortar then add to the sauce and cook for 2 minutes. Then add the sugar, chilli powder and garam masala before seasoning with salt and black pepper.

Stir to mix thoroughly then add the tomato purée, the ground cashew nuts and 60ml water. Bring the mixture to a boil and continue boiling for 5 minutes before adding the paneer and milk. Bring to a simmer then continue cooking until the sauce thickens. Stir in the cream and serve with roti (Indian flatbread).

Paneer Shabnam

Paneer Shabnam is a traditional Indian recipe for a dry curry dish based on paneer (curd) cheese and bell peppers that is only delicately spiced.

This is a classic, dry, Indian curry that is more aromatic than hot (indeed it contains no chillies). It's an excellent introduction to Indian dishes and makes a wonderful vegetarian dish for any occasion.

Ingredients:

500g (1 lb, 2 oz) paneer, cubed
1 onion, chopped
2 bell peppers (red and/or green), chopped
2 tomatoes, chopped
1 tsp cumin seeds
1 small piece of ginger, grated
2 garlic cloves, chopped
1/2 tsp Garam Masala

100ml (2/5 cup) oil
small bunch of coriander leaves, chopped
salt and black pepper, to taste

Method:

Heat the oil in a wok then add the cumin seeds. As soon as the cumin begins to crackle and sizzle add the ginger and garlic. Stir-fry until they turn golden then add the chopped onions, bell peppers, tomato and the paneer. Stir-fry for 2 minutes, or until the paneer begins to colour.

Now stir-in the garam masala and season to taste. Continue cooking until the tomatoes have broken down into a sauce then add the coriander leaves and stir in. Take off the heat and serve with roti or naan bread.

Palya (Potato Curry)

Palya (Potato Curry) is a traditional Indian recipe for a classic curry of fried, julienned, potatoes with a chilli and rasam powder sauce. Traditionally these are served with game.

Ingredients:
350g (12 oz) julienned potatoes
1 tsp salt
4 dry red chillies, split
1 tbsp urad dhal (black lentils)
60ml (1/4 cup) corn oil
1 tsp black mustard seeds
pinch of asafoetida (hing) [optional]
pinch of turmeric
1 tsp rasam powder

Method:

Add the oil to a pan and heat until hot on medium heat then add a mustard seed. If this splutters then the oil is ready. Now add the urad dhal, chillies, asafoetida, turmeric and mustard seeds. As soon as the urad dhal has coloured a little (this will happen quickly), add the potatoes. Using a large slotted spoon keep stirring and flipping them and cook for about 10 minutes. Lower the heat then add the salt, mix well and cover the pan with a lid. Continue to cook for a few minutes more, until the potatoes are soft and crisp on the outside. Now add the rasam powder and stir to combine thoroughly. Take off the heat and serve.

Traditionally these fried potatoes are served with rice, rotis, pitta bread or Arabic flatbreads. But they can equally be served as an accompaniment to a main dish.

Sabzi Kari (Potato Sabzi Curry)

Sabzi Kari (Potato Curry) is a traditional Indian recipe for a classic potato and vegetable curry that's traditionally served for breakfast.

This is a classic Indian potato-based vegetable curry that, typically, is served for breakfast.

Ingredients:

3 tbsp vegetable oil
2 onions, chopped
1 tbsp freshly grated ginger
2 garlic cloves, chopped
3 hot green chillies, chopped
1 tsp turmeric powder
1 tbsp ground coriander
1 tbsp paprika
1/2 tsp cayenne pepper
1/4 tsp ground fenugreek seeds
1/4 tsp freshly-ground black pepper
2 tbsp lemon juice
500g (1 lb) potatoes, cubed
3 carrots, sliced
120g (4 oz) French (green) beans trimmed into 3cm lengths
1 tsp salt
440g (14 1/2 oz) tinned, chopped, tomatoes (with juice)

Method:

Heat the oil in a deep pan or wok, then add the onions, ginger, garlic and chillies. Fry until the onions begin to turn a golden brown (about 8 minutes). In the meantime, combine the turmeric, coriander seeds, paprika, cayenne pepper, fenugreek and black pepper in a bowl then add the lemon juice and just enough water to form a smooth paste.

When the onions have begun to brown stir-in the spice paste and fry for 5 minutes, stirring occasionally (add a few tablespoons of water if the mixture looks as if it's becoming too dry). Now add the vegetables to the pan and fry for 5 minutes, stirring constantly.

At this stage add the tomatoes and salt. Bring the mixture to a boil then reduce to a low simmer, cover the pan and cook for about 25 minutes, or until the vegetables are tender. Transfer to a warmed serving dish and serve.

This dish can either be served with Puri as a traditional breakfast or it can be served over boiled rice or noodles as a main dish.

Shukto

Shukto is a traditional Bangladeshi recipe for a classic vegetarian stew of plantain, mooli, potato, aubergine (eggplant) and bittergourd cooked in a lightly curried sauce.

Ingredients:

1 plantain cut into 5cm long strips
150g (5 oz) mooli (daikon) cut into 5cm (2 in) long strips
1 medium potato cut into 5cm long strips
1 aubergine (eggplant) cut into 5cm long strips
1 bittergourd sliced thinly
60ml (1/4 cup) oil, for frying

1 1/2 tsp mustard seeds
1/2 tsp fenugreek seeds
2 tbsp poppy seeds
3cm (1 in) length of ginger root, peeled and chopped
1 tbsp salt, or to taste
1 tbsp ghee

Method:

Soak 1 tbsp mustard seeds and poppy seeds in a little warm water. In the meantime, peel and prepare your vegetables.

Heat 60ml (1/4 cup) oil in a wok and use to fry the aubergine slices until golden brown. Remove with a slotted spoon and set aside. Add the bittergourd slices to the wok and fry until golden then remove with a slotted spoon and set these aside as well. Add 1/2 tsp fenugreek seeds and mustard seeds to the remaining oil and when the mustard seeds begin to 'pop' add the mooli and potato and stir-fry over medium heat until browned.

As you cook the potato and mooli drain the soaked mustard and poppy seeds and add to a blender along with the ginger. Add a little of the soaking water and blend to a smooth paste. After the vegetables have been cooking for about 6 minutes add the ginger mixture and stir-fry for 2 minutes more. Season with salt then add the fried aubergine and bittergourd slices.

At this point add about 250ml (1 cup) hot water. Bring to a boil; reduce to a simmer, then cover the wok and cook for about 5 minutes, stirring occasionally. As soon as the vegetables are all tender, transfer the stew to a serving dish and pour the ghee over the top. Serve with rice.

Fulkopir Baati Jhaal (Potato and Cauliflower Stew)

Fulkopir Baati Jhaal (Potato and Cauliflower Stew) is a traditional Bangladeshi recipe for a classic vegetarian stew of potatoes and cauliflower in a tomato and chilli sauce.

Ingredients:

150g (1/3 lb) potatoes, diced
150g (1/3 lb) cauliflower florets
2 tsp freshly-ground mustard paste
1 medium tomato, quartered
1 green chilli, chopped
1/2 tsp ground turmeric
salt, to taste

Method:

Combine all the ingredients in a saucepan with 250ml water. Bring to a gentle simmer then cook, covered for about 25 minutes, or until all the vegetables are tender. Take off the heat and allow to cool to room temperature before serving. Note that the dish should contain a little gravy. Add a little more water towards the end of cooking if it's too dry.

Saak-er Ghanto

Saak-er Ghanto is a traditional Bangladeshi recipe for a classic vegetarian curry of aubergine (eggplant), pumpkin, potatoes, mooli and spinach in a spiced sauce flavoured with panch phoron that's served with deep-fried bori.

Ingredients:

2 tbsp oil
1 red chilli, halved
1 tsp Panch Phoron
150g (1/3 lb) aubergine (eggplant), diced
150g (1/3 lb) pumpkin of butternut squash, diced
75g (3 oz) potatoes, peeled and diced
75g (3 oz) mooli (daikon), peeled and diced
350g (12 oz) spinach, washed, dried and roughly chopped
1/2 tsp ginger-garlic paste
1/2 tsp ground turmeric
1/2 tsp brown sugar
salt, to taste
10 pieces of bori

Method:

Heat the oil in a pan and when hot add the chilli and panch phoron. Fry until the spices are aromatic then add the potatoes and mooli. Stir-fry for 2 minutes before adding the pumpkin and aubergine.

Continue stir-frying for 2 minutes more then add the spinach. Cook for about 3 minutes, until the spinach has wilted then add the turmeric, salt, sugar, ginger paste and about 100ml (2/5 cup) water. Bring to a boil, reduce to a simmer then cook, covered, until the vegetables are tender (about 20 minutes). You are aiming for a dry mixture, if it's a little wet continue cooking, uncovered, until it dries out.

When ready, take off the heat, stir-in the deep fried bori and serve.

Masoor Daal (Red Lentils)

Masoor Daal (Red Lentils) is a traditional Bangladeshi recipe for a classic vegetarian curry of red lentils and onion flavoured with cumin, turmeric and chilli.

Ingredients:

150g (1/3 lb) masoor daal (red lentils)
3 tbsp oil
1 onion, sliced
1/2 tsp cumin seeds
1/2 tsp ground turmeric
1 tbsp salt (or to taste)
1 green chilli, finely chopped

Method:

Thoroughly wash the lentils then transfer to a pan and cover with 600ml (2 1/2 cups) water. Bring to a boil, reduce to a brisk simmer and cook for about 25 minutes, or until the lentils are tender and almost all the liquid has been absorbed. Mash the lentils when ready.

Add the oil to a wok and use to cook the cumin seeds until aromatic then stir-in the onions and fry until golden brown. Add the mashed lentils along with the turmeric, salt and chilli. Bring to a simmer and cook for at least 20 minutes (the longer it simmers the more flavoursome it becomes). Serve hot.

Khichuri

Khichuri is a traditional Indian recipe for a classic stew of mung beans and rice in a lightly-spiced sauce.

Ingredients:

150g (1/3 lb) Moog Daal (Mung Beans)
300g (2/3 lb) white long-grain rice
2 tsp grated ginger
1 tbsp salt
2 cinnamon sticks
2 Malabathrum (Indian Bay Leaves) (or substitute cassia bark)
120ml (1/2 cup) ghee
4 cloves

Method:

Wash the rice thoroughly then set aside to drain. Dry fry the mung beans in a hot pan until lightly browned then take off the heat and set aside. Add the ghee to a wok or pan and use to fry the ginger and bay leaves for a minute before adding the rice and beans. Cook, stirring constantly until the rice grains are coated in the oil then stir-in the salt. Cook for a further 5 minutes then add 1.2l boiling water.

Bring the mixture to a boil, reduce to a simmer then cover with a tight-fitting lid and simmer gently for about 25 minutes, or until the rice is hot. Serve immediately as an accompaniment.

As a variant, or if you like your dishes hot add turmeric and chilli powder (about 1/2 tsp and 1 tsp, respectively). I make this quite frequently as it forms a good ‘rice and beans’ type accompaniment for my wife’s West African dishes.

Bund Gobi aur Narial (Coconut Cabbage)

Bund Gobi aur Narial (Coconut Cabbage) is a traditional Indian recipe for a classic dish of cabbage fried in oil flavoured with bay leaves, green chillies and cumin seeds to which desiccated coconut is added.

Ingredients:

2 tbsp oil
2 bay leaves
3/4 tsp whole cumin seeds

2 green chillies, chopped
700g (1 2/3 lb) cabbage, finely shredded
3/4 tsp salt
1/3 tsp brown sugar
3 tbsp desiccated coconut
1/2 tsp ground cumin

Method:

Heat the oil in a wok (or, better, an Indian karahi if you have one) over medium heat and when smoking add the bay leaves, whole cumin seeds and chopped chillies. Allow them to sizzle for a few seconds then quickly add the cabbage, salt and sugar. Stir fry to mix then cover, lower the heat and cook for about 15 minutes.

Add the coconut and ground cumin and stir-fry, stirring constantly, for about 15 minutes, or until the mixture is almost dry. Serve hot.

Sri Lankan Curried Okra

Sri Lankan Curried Okra is a traditional Sri Lankan recipe for a classic vegetarian curry of okra fried in ghee that are then finished in a classic spiced curry with green bell pepper, sugar and lime juice.

Ingredients:

450g (1 lb) okra
5 tbsp ghee
2 tbsp mustard seeds
1 tbsp curry powder
1 tbsp ground turmeric
1 tbsp asafoetida
1 green bell pepper, diced
1/2 tsp ground cinnamon
salt, to taste
1 tbsp sugar
1 tbsp lime juice

Method:

Remove the thin ring at the cone (stem) end of the okra then wash and dry thoroughly with paper towels.

Add he ghee to a wok or pan over medium heat and when the oil is hot use to fry the okra until golden brown (stir carefully so they do not break). Now stir-in the mustard seeds, turmeric, curry powder, bell pepper, cinnamon, salt and sugar. Stir-fry gently for 3 minutes then remove from the heat and season with the lime juice. Transfer to a warmed dish and serve.

Banana Skin and Cowpeas

Banana Skin and Cowpeas is a traditional Indian recipe (from Tamilandu) for a classic vegetarian dish of blanched banana skins fried with cowpeas, turmeric and mustard seeds that are served with grated coconut.

This is a classic dish from the Tamilandu region of India that uses the cowpea *Vigna unguiculata*. If you do not have ready access to these you can substitute the closely related black-eyed peas.

Ingredients:

skins from 6 or 7 bananas
150g (1/3 lb) cowpeas (or black-eyed peas)
1 tsp turmeric
4 tbsp grated coconut
3 tsp ghee
1 tsp mustard seeds
sea salt, to taste

Method:

Soak the cowpeas in plenty of water over night. Drain, place in a pan then cover with plenty of water and bring to a boil. Reduce to a simmer and cook for about 60 minutes, or until tender.

In the meantime, shred the banana peel finely then place in a small pan of boiling water along with the turmeric and a little salt. Reduce to a simmer and cook for about 20 minutes, or until tender. Drain off any excess water and set aside.

When the cowpeas are tender heat the ghee in a wok or frying pan then add the mustard seeds and fry until they begin to splutter. Now stir-in the cooked banana peel then strain the cowpeas and add these to the pan as well. Stir to combine and allow to heat through then turn onto a serving plate, garnish with the grated coconut and serve.

Dhingri Kari (Mushroom Curry)

Dhingri Kari (Mushroom Curry) is a traditional Indian recipe for a tasty but quick to make curry of mushrooms in a lightly-spiced coconut base. As well as being a tasty dish in its own right, this makes an excellent introduction to curries.

Ingredients:

225g (1/2 lb) leeks, finely sliced
2 garlic cloves, crushed
1/2 tsp ginger, grated
1 tsp garam masala
2 tbsp oil
450g (1 lb) closed-cap mushrooms, quartered
100g (1/4 lb) creamed coconut, grated
1 tbsp lemon juice

salt, to taste

Method:

Heat the oil in a wok or non-stick frying pan. Add the leeks, garlic, ginger and spices and fry in the oil until soft.

Add the mushrooms and cook over low heat until soft then stir in the grated coconut. Continue cooking gently until the coconut has completely dissolved, adding a little water if the mixture seems too dry.

Stir in the lemon juice and season to taste with salt.

Serve hot on a bed of rice. This is excellent served accompanied by a tomato, onion and coriander (cilantro) leaf salad.

Kerala Plantain Errisery

Kerala Plantain Errisery is a traditional Indian recipe (from Kerala) for a classic vegetarian curry of plantains fried in mustard-spiced ghee and finished in a home-made chilli-based curry paste with grated coconut.

Ingredients:

450g (1 lb) plantains (nenthrakkay), peeled and diced
salt, to taste
1 tbsp ghee
1/4 tsp mustard seeds
For the Curry Paste:
3 red chillies
10 black peppercorns
1 green cardamom pod
1/4 tsp cumin seeds
140g (5 oz) freshly-grated coconut
1 tsp ghee

Method:

Place the plantains in a pan of lightly salted water and bring to a boil. Cook for about 20 minutes, or until tender.

Whilst the plantains are cooking prepare the curry paste. Toast the spices for about 2 minutes in a dry pan. Grind to a powder in a coffee grinder then combine with all the other ingredients in a pestle and mortar or a blender and render to a paste.

When the plantains are tender tip out any excess water (you want just enough to cover the fruit, but no more). Stir-in the curry paste then bring the mixture to a simmer and continue cooking until the gravy thickens. At this point, heat the ghee in a pan and use to fry the mustard seeds until they begin to splutter. Turn into the plantain curry and cook for 5 minutes more. Serve hot with rice.

Muland Saangi Ambat (Radish Pod Gravy)

Muland Saangi Ambat (Radish Pod Gravy) is a traditional Indian recipe for a classic stew of pigeon peas and coconut with radish pods in a lightly-spiced sauce. The full recipe is presented here and I hope you enjoy this classic Indian version of: Radish Pod Gravy (Muland Saangi Ambat).

Radish pods originally came to Britain from Java in 1815. These are radishes specially bred to produce edible pods. Edible-pod radishes also are called aerial radishes, podding radishes, or Java radishes after their place of origin, and in general they do not even have the enlarged taproot one associates with radishes. In Germany, a variety named Munchen Bier has both edible pod and root. The large black radish is sliced, buttered and eaten as a snack with dark beer — as are the pods.

Of course, all radish seed pods are edible. Just pick them before they begin to dry and turn brown. What makes Java radishes special is that they are bred to produce large seed pods and these are then harvested and eaten or sold (they are a common feature in Indian markets). They were also used frequently in Victorian cookery for Indian-style pickles and preserves.

The pods are spicy and taste very similar to radish root. However, they mellow significantly upon cooking. It's best to use them as flavouring for salads. They can also be topped and tailed and added raw to soups and they make an excellent pickle. Though the flavour diminishes, they work well in stir-fries as they hold their shape and crispness well.

Ingredients:

80g (3 oz) pigeon peas (toor dal)
60g (2 oz) freshly-grated coconut
200g (7 oz) radish pods, topped and tailed
1 tsp coriander seeds
1/2 tsp tamarind extract (1 tsp tamarind paste mixed with 2 tsp boiling water)
1 tsp mustard seeds
pinch of asafoetida
5 red chillies
oil for frying
5 curry leaves, shredded
salt, to taste

Method:

Wash the pigeon peas, place in a bowl, cover with water and set aside to soak over night. The following day, drain the beans, place in a pot, cover with plenty of water, then bring to a boil, reduce to a simmer and cook for about 60 minutes, or until almost tender.

Drain the peas, place back in a pan, with the radish pods, cover with water and add a pinch of turmeric. Bring to a boil, reduce to a simmer then cover and cook for about 20 minutes or until the beans are tender.

In the meantime, heat a little oil in a pan, add the coriander seeds and fry until aromatic. Transfer to a spice grinder or a mortar and grind with the coconut, chillies and tamarind until you have a smooth paste. Stir this paste into the cooked pigeon peas mixture then add enough water to give you the consistency of gravy. Season with salt, to taste, bring to a boil and cook

until you have the desired consistency.

In a separate pan, add a little oil and fry the mustard seeds until they begin to pop. At this point add the curry leaves and the asafoetida. Cook for a few minutes then pour over the gravy. Secure the lid and cook for 1 minute then serve as an accompaniment to rice and a side dish.

Seengre ke Satha Tori Kari (Courgette Curry with Radish Pods)

Seengre ke Satha Tori Kari (Courgette Curry with Radish Pods) is a traditional Indian recipe for a classic vegetarian curry of courgettes and radish pods in a tomato and green chilli base with curry spices.

Ingredients:

1kg (2 lb, 3 oz) courgettes (zucchini), washed and sliced about 3cm (1 in) thick
2 tbsp cooking oil
1 tsp ajwain
1/2 tsp cumin seeds
10 curry leaves, shredded
pinch of asafoetida
1 tsp ground coriander
1/2 tsp turmeric powder
1/4 tsp chilli powder
1 tsp sea salt (or to taste)
2 green chillies, finely chopped
1 tsp tomato purée
200g (7 oz) radish pods, washed, topped and tailed

Method:

Heat the oil in a wok or heavy-based pan. Add the ajwain seeds, cumin seeds and asafoetida and cook until the seeds begin to splutter then stir in the shredded curry leaves. Now stir in all the remaining spices, the green chillies and the courgettes. Stir-fry briskly for 2 minutes, or until the vegetables are completely covered in the spices then lower the heat, add 3 tbsp water, cover the pan and cook for about 12 minutes, or until the vegetables are tender.

Stir in the tomato purée, cook for 2 minutes more then adjust the seasonings (salt and chilli) to taste. Stir in the radish pods and serve hot, accompanied by rice and chapattis.

Badaam Sak (Bengali Spinach)

Badaam Sak (Bengali Spinach) is a traditional Indian recipe (from the Bengal region) for a classic dish of nuts and spinach with grated coconut in a spiced gravy.

Ingredients:

100g (3 1/2 oz) raw almonds (or peanuts or pistachio nuts), with skins
500ml (2 cups) warm water
3 tbsp ghee (or sesame oil)
1 tbsp black mustard seeds

1/2 tsp cumin seeds
1/8 tsp fenugreek seeds
1 1/2 tsp jaggery (or palm sugar)
1/2 tbsp fresh ginger, finely grated
1 tsp hot green chillies, minced
1kg fresh spinach, trimmed, washed and coarsely chopped
40g (1 1/2 oz) freshly-grated coconut
1 tsp salt
2 tbsp double cream
1/8 tsp freshly-grated nutmeg

Method:

Place the nuts in a bowl, cover with the warm water and set aside over night.

The following day, slip the skins off the nuts then wash in cold water and set aside in a colander to drain.

Heat the ghee (or oil) in a large (about 5l [5 quart]) flame-proof casserole dish. When hot, add the ginger, chillies, nuts, spinach, coconut and salt. Sir to combine then reduce the heat to low and cook, covered, for 10 minutes.

After this time, turn the spinach over with a large spoon. Add a little water (if needed) then cover the pan and cook for a further 10 minutes.

Now stir in the cream and season with the nutmeg. Allow to heat through for about 2 minutes then serve immediately. Garnish each serving with a few thin wedges of lemon.

Rajmah Curry

Rajmah Curry is a traditional North Indian recipe for a classic curry of red kidney beans in a gingered and spiced gravy base.

This is a classic red kidney bean curry from North India

Ingredients:

250g (9 oz) dried red kidney beans
1 onion, very finely diced
2 garlic cloves, finely diced
3cm length of fresh ginger, peeled and grated
3 tbsp Rajmah curry blend

Method:

Wash and pick over the beans. Place in a large bowl, cover with plenty of water and set aside to soak over night.

The following day, drain the beans, place in a large pan, cover with plenty of water and bring to a boil. Reduce the heat to a simmer, cover the pan and cook for about 90 minutes or until the beans are just tender. Drain the beans and set aside.

Heat the ghee in a pan, add the onion and garlic and fry for 5 minutes, or until tender. Now stir in the garlic and curry powder. Fry for 1 minute more, or until aromatic then stir in the

cooked beans.

Add 250ml (1 cup) water, bring to a simmer, cover and cook for about 15 minutes, or until the beans are heated through and very tender and the sauce is thick.

Serve hot.

Alu Achari

Alu Achari is a traditional Indian recipe (from the Punjab) for a classic potato curry flavoured with alu achari, a pickle spice blend.

This is a classic Punjabi recipe for a vegetarian curry made with potatoes and flavoured with Achari masala (pickle masala).

Ingredients:

500g (1 lb) Charlotte potatoes, scrubbed and quartered
3 tbsp Achari Masala
4 tbsp mustard oil
200g (7 oz) onions, minced
3cm (1 in) length of ginger, peeled and grated
3 tbsp garlic, minced
salt, to taste
2 tsp cayenne pepper
1 tsp turmeric powder
200g (7 oz) tomatoes, blanched, peeled and chopped
4 tbsp coriander leaves, finely chopped

Method:

Heat the mustard oil in a wok or karahi until just smoking. Turn off the heat and allow to cool slightly then stir in the onions and season to taste with salt.

Fry the onions for about 5 minutes, or until brown then add the ginger and garlic. Continue frying for 1 minute then add the potatoes. Fry until the potatoes are browned on the outside then add the achari masala, cayenne pepper and turmeric.

Stir to combine then add the tomatoes. Return to the heat and fry gently until the oil separates. Now stir in enough water to give the sauce the desired consistency. Bring to a simmer and cook for about 20 minutes, or until the potatoes are tender.

Turn into a dish, garnish with the chopped coriander leaves and serve.

Phulagobhi Achari

Phulagobhi Achari is a traditional Indian recipe (from the Punjab) for a classic cauliflower curry flavoured with alu achari, a pickle spice blend.

This is a classic Punjabi recipe for a vegetarian curry made with cauliflower and flavoured with Achari masala (pickle masala).

Ingredients:

500g (1 lb) cauliflower, separated into florets

3 tbsp Achari Masala
4 tbsp mustard oil
200g (2 cups) onions, minced
3cm (1 in) length of ginger, peeled and grated
3 tbsp garlic, minced
salt, to taste
2 tsp cayenne pepper
1 tsp turmeric powder
200g (2 cups) tomatoes, blanched, peeled and chopped
4 tbsp coriander leaves, finely chopped

Method:

Heat the mustard oil in a wok or karahi until just smoking. Turn off the heat and allow to cool slightly then stir in the onions and season to taste with salt.

Fry the onions for about 5 minutes, or until brown then add the ginger and garlic. Continue frying for 1 minute then add the cauliflower. Fry until the cauliflowers are browned on the outside then add the achari masala, cayenne pepper and turmeric.

Stir to combine then add the tomatoes. Return to the heat and fry gently until the oil separates. Now stir in enough water to give the sauce the desired consistency. Bring to a simmer and cook for about 20 minutes, or until the potatoes are tender.

Turn into a dish, garnish with the chopped coriander leaves and serve.

Saag Aloo (Stir-fried Potatoes with Spinach)

Saag Aloo (Stir-fried Potatoes with Spinach) is a traditional Indian recipe for a classic vegetarian accompaniment of fried potatoes and spinach.

Ingredients:

60g (2 oz) ghee (or butter)
5cm (2 in) length of ginger, peeled and grated
4 garlic cloves, chopped
2 onions, chopped
2 green chillies, chopped
200g (7 oz) floury potatoes (eg King Edwards), cut into 5cm (2 in) chunks
1 tsp ground cumin
1 tsp ground coriander seeds
1/2 tsp ground turmeric
1/2 tsp sea salt
500g (1 oz) spinach leaves, rinsed and shredded
1 tsp green masala

Method:

Melt the ghee in a large saucepan over medium heat. Add the ginger, garlic, onions and chillies and fry, stirring constantly, for 2 minutes.

Now add the potato chunks and fry, stirring frequently for 5 minutes before adding the cumin, coriander, turmeric and salt. Stir the potatoes to coat them in the spices, then continue frying for 15 minutes, or until the potatoes are tender and crisp around the edges.

If, during this time, the potatoes begin to stick to the base of the pan, add a little vegetable oil. When the potatoes are done, add the spinach. Stir to combine then take off the heat. Add the green masala and stir to combine.

Take off the heat and turn into a warmed serving dish. Serve with Tarka Dal and rice.

You can substitute rapeseed greens (sarson) or mustard greens for the spinach in this recipe.

Dhal Dhokla

Dhal Dhokla is a traditional Indian recipe (from Gujarat) for a classic curry of yellow pigeon peas in a spice base coloured and soured with kokam (mangosteen).

Ingredients:

150g (1/3 lb) toor dhal (yellow pigeon peas [or substitute yellow split peas])
3 tbsp peanuts
3/4 tsp mustard seeds
1/2 tsp cumin seeds
3/4 tsp fenugreek seeds
12 curry leaves
3 cloves
seeds from 3 cardamom pods
2 bayleaves
1/2 tsp asafoetida
3 small habanero chillies
4 tbsp ghee
10 pieces of dried kokam (mangosteen)
1 tomato, finely chopped
5 tbsp jaggery (palm sugar)
1/2 tsp ground turmeric
1 tsp chilli powder
2 tbsp cooking oil
3/4 tsp ajwain seeds (bishop's weed)
salt, to taste

Method:

Wash the pigeon peas, bring a pan of water to a boil, add the pigeon peas and cook for about 5 minutes, or until tender (but not mushy) then drain. In the meantime, steam the peanuts for about 10 minutes, or until soft.

Combine the cumin seeds, mustard seeds, fenugreek seeds, curry leaves, cloves, cinnamon and chillies in a pan with the kokam, ghee, tomato, jaggery, ground turmeric, chilli powder, asafoetida and cooking oil. Mix to combine, season to taste with salt, add the cooked peanuts

and yellow pigeon peas then bring the mixture to a simmer. If it looks too thick add a little water then bring to a simmer again, cover the pan and cook for 10 minutes.

Turn into a warmed bowl, garnish with shredded coriander leaves and serve hot, accompanied by flatbreads. This goes well with thepla.

Shalgham Korma (Turnip Curry)

Shalgham Korma (Turnip Curry) is a traditional Indian recipe (from Kashmir) for a classic vegetarian curry of turnips in a spiced onion and yoghurt base with coconut, poppy seeds and sesame seeds.

Ingredients:

500g (1 lb) turnips, peeled and cubed
100g (3 1/2 oz) onions, chopped
120ml (1/2 cup) yoghurt
120ml (1/2 cup) cooking oil
3 tsp blanched almonds
3 tbsp freshly-grated coconut
3 tsp poppy seeds
3 tsp sesame seeds
3 tsp coriander seeds
1 1/2 tsp hot chilli powder (preferably Kashmiri chilli)
2 tsp ginger-garlic paste
3 tsp coriander seeds
salt, to taste

Method:

Heat a non-stick frying pan over high heat and use to dry fry the almonds, coconut, and seeds until lightly browned and aromatic. Combine in a mortar or coffee grinder and render to a smooth paste.

Heat the cooking oil in a pan and use to fry the onions for about 5 minutes, or until golden brown. Add the turnip pieces to the pan and fry for about 5 minutes, or until lightly browned. Mix together the yoghurt and the spices and add to the pan.

Fry for 5 minutes, stirring frequently, then add 60ml (1/4 cup) water. Bring to a simmer, cover the pan and cook over low heat for about 20 minutes, or until the turnips are very tender and the sauce has reduced to a thick gravy. Season to taste with salt and serve.

Kokum Khadi (Kokam Curry)

Kokum Khadi (Kokam Curry) is a traditional Indian recipe (from Goa) for a classic vegetarian curry of kokam (mangosteen) in a lightly-spiced gravy thickened with chickpea flour.

Ingredients:

60g (2 oz) dried kokam
1l (4 cups) water

2 tbsp chickpea (gram) flour
1 sprig of curry leaves
2 green chillies, slit down one side
1 tsp hot chilli powder
1/2 tsp ground coriander seeds
1/4 tsp ground turmeric
3 pinches asafoetida
1 tsp sugar
salt, to taste
1/2 tsp cumin seeds
1/2 tsp mustard seeds
1 tsp ghee
6 tbsp coriander leaves, shredded

Method:

Soak the kokam in warm water (just enough to cover) for 1 hour. After this time squeeze the juice out of the fruit and set aside. Then strain the soaking water.

Heat the ghee in a deep pan. Add the mustard seeds, ground turmeric, ground coriander seeds, cumin seeds, curry leaves, chillies, chilli powder and asafoetida. Fry for a few minutes, or until the seeds begin to splutter. At this point stir in the kokam juice and bring to a simmer.

Beat the chickpea flour into the reserved kokam soaking water until smooth. Now mix in the sugar and season to taste with salt then pour this into the simmering spice mix. Bring to a boil, reduce to a simmer and cook for about 10 minutes, or until thickened.

Turn into a serving dish, garnish with the shredded coriander leaves and serve.

Sarson ka Saag (Mustard Greens and Spinach Curry)

Sarson ka Saag (Mustard Greens and Spinach Curry) is a traditional Indian recipe (from the Punjab) for a classic vegetarian curry of mustard (or rapeseed) greens and spinach with turnips in a stock formed for a ginger and chilli tempering.

Ingredients:

1kg (2 lb) mustard greens (or rapeseed greens [sarson])
250g (9 oz) spinach
2 turnips, peeled and chopped
2 tsp maize flour
5cm (2 in) piece of ginger, peeled and finely chopped
3 green chillies, finely chopped
1 1/2 tsp powdered jaggery (palm sugar)
salt, to taste

For the Tempering:

3 tsp ghee
3cm (1 in) piece of ginger, finely chopped

2 green chillies, finely chopped
1/2 tsp chilli powder

Method:

Wash the mustard greens and spinach thoroughly, drain in a colander and chop. Mix the mustard greens with the ginger, garlic, turnip pieces and chillies. Place in a steamer basket and steam for 10 minutes, or until all the ingredients are tender.

In the meantime, place the spinach in a pan with a little water, cover with a lid and cook until wilted then purée the leaves and set aside.

Turn the mustard greens into a pan, add 120ml water, bring to a simmer, them mix the maize flour with the spinach purée and work into the contents of the pan. Bring to a gentle simmer, cover the pan and cook for about 15 minutes, stirring occasionally over low heat.

For the tempering, mix together the ghee, ginger, chillies and chilli powder to a paste. Add this to the spinach and mustard greens mix. Take off the heat, mix lightly, turn into a bowl and serve accompanied by rotis.

Cherupayar Curry (Whole Green Lentil Curry)

Cherupayar Curry (Whole Green Lentil Curry) is a traditional Indian recipe (from Kerala) for a classic vegetarian curry of green lentils in an onion, coconut, garlic and ginger base with chilli, cumin and mustard spices.

Ingredients:

150g (1/3 lb) whole green lentils, washed
1 tsp fresh ginger, pounded to a paste
3 garlic cloves, pounded to a paste
50g (2 oz) freshly-grated coconut
1 sprig of curry leaves
1 onion, finely chopped
1/2 tsp ground turmeric
1 tsp red chilli powder
1 tsp ground cumin seeds
1 tsp mustard seeds
1 tbsp cooking oil
salt, to taste

Method:

Wash the lentils, then place in a steamer basket with the ginger, garlic and onion. Place over a pan of boiling water and cook for 40 minutes, or until tender.

At this time, heat the oil in a wok or karahi. When hot, add the mustard seeds and cook until they begin to splutter. Now stir in the curry leaves, turmeric, chilli powder and ground cumin seeds. Stir fry for a few seconds then add the steamed lentil, ginger and garlic mix.

Bring to a simmer and cook until hot through. Season to taste with salt, turn into a warmed bowl and serve.

For breakfast, this is typically served with puttu, or dosa or bread. For lunch it is served with rice gruel and for dinner it is served with chapattis.

Dhan Saag Dhal

Dhan Saag Dhal is a traditional Indian recipe (from Goa) for a classic vegetarian curry of lentils, onion, potatoes and aubergine (eggplant) in a spiced gravy soured with lemon juice.

Ingredients:

225g (1/2 lb) lentils, washed and drained
3 onions, chopped
2 large potatoes, peeled and cubed
4 tomatoes, chopped
1 aubergine (eggplant), cubed
250g (9 oz) pumpkin flesh, cubed
60g (2 oz) ghee or butter
juice of 1 lemon
2 tsp salt
1/2 tsp chilli powder
1/2 tsp ground coriander seeds
pinch of ground cinnamon
1/2 tsp ground turmeric
1/2 tsp ground cinnamon
pinch of ground cloves
2 green chillies
3 sprigs of fresh mint

Method:

Bring 1.25l (5 cups) to a boil in a large pan. When boiling add the lentils along with the potatoes, pumpkin, tomatoes, onions and aubergine. Bring back to a boil, reduce to a simmer, cover the pan and cook for about 20 minutes, or until the vegetables are just tender.

At this point strain the stock through a fine-meshed sieve (reserve the vegetables). Return the vegetables and the stock to the pan then add the chilli, coriander seeds, cinnamon, turmeric, cumin, cloves, mint and green chillies. Stir in the ghee or butter and the lemon juice then season with the salt. Bring to a simmer and cook for 15 minutes more.

Traditionally, this is served with Badami Rung rice.

Kadala Curry

Kadala Curry is a traditional Indian recipe (from Kerala) for a classic vegetarian curry of black chickpeas cooked in a tomato and coconut base flavoured with an aromatic blend of curry spices.

Ingredients:

200g (2 cups) chana dhal (hulled black chickpeas)
1 onion, sliced lengthways into large chunks
2 large tomatoes, cut into eight pieces each
4 tbsp fresh coconut, grated
2 garlic cloves
2cm (3/4 in) piece of ginger
1 tsp coriander leaves, shredded
1 tsp toasted chickpea flour
1 tsp coriander seeds
1 tsp cumin seeds
2 red chillies
1 onion, finely chopped
4 cloves
4 short cinnamon sticks
1 tsp fennel seeds
2 tbsp coriander leaves, shredded, to garnish
oil for frying

Method:

Soak the chana dhal over night in a large bowl of water. The following day, place in a pan, cover with water, bring to a boil and cook for about 40 minutes, or until tender. Drain and set aside.

In the meantime, heat a little oil in a pan and use to fry the cumin seeds, coriander seeds, toasted chickpea flour, red chillies, ginger, garlic, sliced onion, tomatoes, coriander leaves and coconut for about 10 minutes. Take off the heat, allow to cool then process in a blender until smooth.

Heat a little more oil in a pan and use to fry the cloves, cinnamon, fennel seeds and chopped onion for about 5 minutes, or until the onion begins to brown. Add the ground spice paste and fry for 2 minutes more then add the cooked chana dhal along with 120ml (1/2 cup) water, bring to a simmer and cook for 5 minutes more.

Season to taste with salt then turn into a serving dish and garnish wit the 2 tbsp shredded coriander leaves. Serve with puttu or chapattis. For breakfast it can also be served with idly or appam or dosa.

Dhal

Dhal is a traditional Indian recipe for a classic vegetarian dish of lentils in a tomato and onion base flavoured with turmeric.

Ingredients:

500g (1 lb) lentils, washed (any kind can be used)
6 tomatoes, quartered
60g (2 oz) ghee or butter

4 onions, finely chopped
1 tsp chilli powder
1 1/2 tsp salt
1/2 tsp ground turmeric

Method:

Bring 1l (4 cups) water to a boil then add the washed lentils, turmeric, chilli powder and salt. Bring back to a boil, reduce to a simmer, cover the pot and cook until tender (from 15 to 30 minutes, depending on the type of lentil).

Melt the ghee or butter in a pan and add the onions and tomatoes. Fry gently for about 4 minutes, or until the onions are tender then add the contents of the pan to the lentil mixture. Bring back to a simmer and cook for about 5 minutes more. You are looking for a mixture that's the consistency of a thick sauce.

Serve hot, accompanied by boiled rice.

Bygan Dhal

Bygan Dhal is a traditional Indian recipe for a classic vegetarian curry of lentils and aubergines (eggplants) in an onion base flavoured with a light blend of spices.

Ingredients:

300g (2/3 lb) lentils
3 onions, finely chopped
3 green chillies
1/4 tsp chilli powder
1/4 tsp ground turmeric
1/4 tsp ground coriander seeds
1/4 tsp ground cumin
1 aubergine (eggplant), cut into small pieces
30g (1 oz) ghee or butter
1 tsp salt (or to taste)
1/2 tsp whole mustard seeds
pinch of asafoetida (hing)
squeeze of lemon juice

Method:

Bring 1.25l (5 cups) water to a boil then add the lentils and onions. Bring back to a boil and cook for between 15 and 30 minutes (depending on the type of lentil), or until the lentil are tender. At this point add the spices (except the mustard seeds), aubergine and salt.

Bring back to a boil and cook for about 15 minutes more, or until the aubergine pieces are tender.

Heat the ghee or butter in a frying pan and add the mustard seeds and the asafoetida. As soon as the mustard seeds begin to pop take the frying pan off the heat and turn its contents into the pan with the lentils. Mix well to combine, cover the pan and cook until the mixture is thick.

Add a squeeze of lemon juice, turn into a serving dish and serve to accompany plain boiled rice.

Kobi Sabji

Kobi Sabji is a traditional Indian recipe for a classic vegetarian curry of cabbage in an onion and tomato base flavoured with chillies, turmeric and mustard seeds and thickened with coconut.

Ingredients:

1 small cabbage, finely chopped
2 onions, finely chopped
1 tsp salt (or to taste)
2 tomatoes, finely chopped
2 green chillies, finely chopped
60g (2 oz) ghee or butter
1/4 tsp ground turmeric
1/2 tsp whole black mustard seeds
1 tbsp desiccated coconut

Method:

Heat the ghee or oil in a pan, add the mustard seeds and fry until they begin to pop. At this point add the onions and tomatoes and fry for 10 minutes more. Now stir in the cabbage, chillies and turmeric. Continue cooking, covered, for about 12 minutes, or until the cabbage is tender (exact cooking time will depend on the type of cabbage used).

Add the salt to taste then scatter over the desiccated coconut. Stir to combine and cook for 5 minutes more. Serve hot.

Kobi Bhanavli

Kobi Bhanavli is a traditional Anglo-Indian recipe (from the 1900s) for a classic vegetarian dish of curried cabbage an onion batter thickened with chickpea flour that's oven baked to cook.

Ingredients:

1 cabbage, finely chopped
2 onions, finely chopped
1 tsp salt (or to taste)
2 tbsp desiccated coconut
2 green chillies, chopped
1/2 tsp chilli powder
1/4 tsp ground turmeric
2 tbsp chickpea flour
pinch of baking powder
3 eggs, beaten in a bowl

Method:

Combine the cabbage, onions, salt, coconut, chillies, chilli powder, turmeric, baking powder and chickpea flour in a bowl. Stir to mix then add the eggs and mix with your fingers. Now work in 60ml (1/4 cup) water.

Grease a casserole dish, add the batter mix then transfer to an oven pre-heated to 170ºC (340ºF) and bake for about 45 minutes, or until the cabbage is browned on top and the batter is set. Remove from the oven and allow to cool slightly. Serve warm, sliced into wedges.

This is traditionally served with high tea.

Potato Masala (Aloo Masala)

Potato Masala (Aloo Masala) is a traditional Indian recipe for a classic vegetarian curry of potatoes in a spicy lemon juice and coriander leaf base.

Ingredients:

2 large potatoes, scrubbed clean, boiled until tender and cooled
1 tbsp cooking oil
pinch of asafoetida
1/2 tsp cumin seeds
1/2 tsp mustard seeds
1/2 tsp ground turmeric
1 green chilli, very finely chopped
1/2 tsp salt
1 tsp lemon juice
1 tbsp coriander leaves, chopped

Method:

Once the potatoes are cool enough to handle, peel then chop into small pieces (do not mash).

Heat the oil in a frying pan over medium-high heat. Add the cumin seeds, mustard seeds and asafoetida and fry until the seeds begin to splutter. At this point stir in the turmeric, potatoes, green chilli and salt.

Stir-fry the mixture for a few minutes then drizzle over the lemon juice and add the coriander leaves. Turn the mixture to blend then transfer to a serving dish. Serve hot.

Traditionally this is served with dosas. The two dishes can be served together, or the aloo masala can be used as a stuffing for the dosas.

Bengali Bhaji

Bengali Bhaji is a traditional Indian recipe (from Bengal) for a classic bhaji (fried vegetable dish) of peas, beans, carrots, new potatoes and onions in a spiced yoghurt base.

Ingredients:

225g (1/2 lb) fresh or frozen peas
225g (1/2 lb) runner beans, strings removed and sliced

225g (1/2 lb) carrots, chopped into 1cm pieces
500g (1 lb) baby new potatoes, scrubbed (halve if large)
2 onions, finely sliced
30g (1 oz) ghee or butter
150g (5 oz) natural yoghurt
2 tbsp freshly-grated ginger
6 garlic cloves
15g (1/2 oz) fenugreek (methi) leaves
7.5g (1/4 oz) ground coriander seeds
7.5g (1/4 oz) ground cumin seeds
1 tbsp tomato purée
1/2 tsp chilli powder
1 tsp salt (or to taste)

Method:

Combine the beans, carrots, peas and new potatoes in a bowl. Scatter over the salt then pour over enough boiling water to cover and set aside.

In a mortar, mash together the garlic and ginger until you have a smooth paste. Heat the ghee or butter in a pan, add the onions and fry for about 6 minutes, or until golden brown. Now add the fenugreek leaves and continue frying until aromatic.

Add the spices and stir to combine then stir in the yoghurt and the tomato purée. Fry the mixture for 10 minuets more then drain the vegetables and add to the pan along with the ginger and garlic paste. Bring to a simmer, cover the pan and cook for about 20 minutes, or until the vegetables are tender.

Serve hot.

Arvi Bhaji (Jerusalem Artichoke Curry)

Arvi Bhaji (Jerusalem Artichoke Curry) is a traditional Indian recipe for a classic bhaji (fried vegetable dish) of Jerusalem artichokes and onion in a spiced yoghurt gravy base.

Ingredients:

500g (1 lb) Jerusalem artichokes
1 large onion, finely sliced
60g (2 oz) butter
6 garlic cloves
6 cloves
6 cardamom pods, lightly crushed
15g (1/2 oz) fenugreek seeds
1/2 tsp ground ginger
1/2 tsp ground turmeric
1/2 tsp ground chillies
1 dessert spoon cumin seeds
1 tbsp tomato purée

1 tsp salt
15g (1/2 oz) ground coriander seeds
150g (5 oz) natural yoghurt

Method:

Scrub the artichokes well and, if large, quarter them. Melt the butter in a pan, add the onion and fry for about 5 minutes, or until golden brown. Reduce the heat a little, add the fenugreek seeds, cardamom pods and cloves and fry for 3 minutes more. At this point add the remaining spices and the yoghurt.

Using a mortar, mash the garlic to a paste. Mix this paste into 60ml water in a small pan, bring to a simmer and cook for 5 minutes. Add this garlic mix to the yoghurt mix along with the Jerusalem artichokes. Bring to a simmer and cook for about 20 minutes, or until the artichokes are tender.

Traditionally this is quite a dry style of curry. But you like more gravy you can add 100ml (2/5 cup) coconut milk along with the Jerusalem artichokes.

Potato Chip Curry

Potato Chip Curry is a traditional Anglo-Indian recipe for a classic curry of deep-fried potato sliced served in a curried yoghurt base.

Ingredients:

675g (1 1/2 lb) potatoes, scrubbed clean and cut into thin slices
1 large onion, sliced
1 dessertspoon ghee or butter
30g (1 oz) fenugreek seeds
8 garlic cloves
150g (5 oz) natural yoghurt
30g (1 oz) ground coriander seeds
30g (1 oz) ground turmeric
1 tsp salt
30g (1 oz) ground ginger
1 tsp hot chilli powder
225g (1/2 lb) fresh tomatoes, quartered
oil for deep frying

Method:

Heat oil in a deep fryer to 180ºC (360ºF). Add the potato slices and fry until golden brown (about 15 minutes). Drain on kitchen paper and set aside.

Melt the ghee or butter in a pan, add the fenugreek seeds and fry until aromatic before adding the onion slices and fry for about 6 minutes, or until golden brown. Now add the remaining spices and fry for a couple of minutes more.

Mash the garlic in a mortar and mix with the tomato pieces. Place the potato chips in a pan, pour over 120ml water then add the onion and spice mix. Bring to a simmer, and cook gently for

10 minutes, stirring frequently to prevent the potatoes from sticking to the bottom of the pan.

Serve hot.

Sabat Moong Bhajji (Mung Bean Bhaji)

Sabat Moong Bhajji (Mung Bean Bhaji) is a traditional Indian recipe for a classic bhaji (fried vegetable dish) of fried spices and mung beans that's cooked in a lightly-spiced curry base.

Ingredients:

500g (1 lb) dried mung beans, soaked in plenty of water over night
2 onions, finely chopped
2 tbsp desiccated coconut
2 green chillies, finely chopped
pinch of asafoetida
60g ghee or butter
1/2 tsp salt
1/2 tsp chilli powder
1/4 tsp ground turmeric
1/2 tsp whole black mustard seeds

Method:

Drain the mung beans, turn into a bowl and mix with the ground chilli and turmeric. In the meantime, melt the ghee in a pan, stir in the mustard seeds and asafoetida and when the mustard seeds begin to pop add the mung beans along with the green chillies, desiccated coconut and the salt.

Pour over 250ml (1 cup) water, bring to a boil, reduce to a simmer, cover the pan and cook gently for about 45 minutes, or until the mung beans are tender and the sauce is thick.

Serve hot with rice and flatbreads.

This can also be made with black-eyed peas, green lentils and chickpeas.

Aloo Bhajji

Aloo Bhajji is a traditional Indian recipe for a classic bhaji (fried vegetable dish) of potatoes fried in a spiced oil base.

Ingredients:

675g (1 1/2 lb) potatoes, peeled and cut into small pieces
4 green chillies, sliced lengthways into strips
1/4 tsp ground turmeric
pinch of asafoetida
squeeze of lemon juice
1 tsp salt
1/2 tsp black mustard seeds
2 tbsp desiccated coconut

60ml (1/4 cup) groundnut oil

Method:

Heat the oil in a frying pan, add the mustard seeds, the asafoetida and the green chilli slices. Continue frying until the mustard seeds pop then add the potatoes, coconut and lemon juice. Stir in the salt and 120ml (1/2 cup) water and bring just to a boil.

Reduce to a low simmer and cook over gentle heat for about 30 minutes, or until potatoes are tender. Serve hot.

Khumbi Sag (Mushroom and Potato Curry)

Khumbi Sag (Mushroom and Potato Curry) is a traditional Indian recipe for a classic vegetarian curry of potatoes and mushrooms cooked in a lightly-spiced tomato and onion curry base.

Ingredients:

225g (1/2 lb) chestnut mushrooms (or other firm flavoursome mushrooms)
60g (2 oz) ghee or butter
1 tsp salt
2 large potatoes, scrubbed and finely chopped
2 tomatoes, finely chopped
1/2 tsp chilli powder
1/2 tsp ground coriander seeds
1/2 tsp ground cumin seeds
1/4 tsp ground turmeric
2 large onions, chopped

Method:

Melt the ghee or butter in a pan, add the onions and fry for about 5 minutes, or until nicely browned. Wipe the mushrooms dry, halve then and add to the onions along with the spices and salt. Fry for a minute then pour over 250ml water. Bring to a simmer and cook for 10 minutes then add the potatoes and cook for about 15 minutes, or until the potatoes are tender.

Serve hot.

Vegetable Pilau

Vegetable Pilau is a traditional Indian recipe (from North India) for a classic one-pot dish of rice and vegetables with nuts.

Ingredients:

75g (3 oz) fine rice (eg Patna)
4 medium carrots, peeled and sliced
50g (2 oz) cauliflower florets
100g (4 oz) freshly-shelled peas
2 large onions, sliced
5 tbsp seedless raisins or sultanas

5 bayleaves
1 tsp salt
2 tbsp ghee or butter
100g (4 oz) peanuts, almonds or pine kernels
cashew nuts

Method:

Wash the rice well, place in a bowl, cover with water and set aside to soak for 1 hour.

Combine the carrots, cauliflower florets and peas in a pan. Add 1l water and bring to a boil. Cook for about 8 minutes, or until just tender but not soft. Drain in a sieve and retain the cooking liquid.

Heat the ghee or butter in a pan, add half the onions and fry for about 6 minutes, or until golden brown. Remove with a slotted spoon and set aside. Now add the drained vegetables to the pan. Turn very gently until coated in the fat then remove with a slotted spoon and set aside.

Drain the soaked rice, put into the pan and stir into the remaining fat. Add the raisins or sultanas and fry for a couple of minutes then add the reserved vegetable stock. Stir in the salt and add the bayleaves. Bring the mixture to a boil, reduce to a simmer and continue cooking until the rice is tender (about 20 minutes).

Add the cooked vegetables to the rice and cook to heat through and until all liquid has evaporated away. Turn into a serving dish.

Heat a little oil in a pan, add the remaining onions and fry for about 8 minutes, or until crisp and brown. For the last minute of cooking add the nuts and fry until golden brown.

Use the onion and nut mixture to garnish the dish and serve.

Egg Pilau

Vegetable Pilau is a traditional Indian recipe (from North India) for a classic one-pot dish of rice and hard-boiled eggs with nuts.

Ingredients:

8 hard-boiled eggs
300g (2/3 lb) Patna rice
2 onions, finely sliced
2 tbsp butter
3cm (1 in) piece of fresh ginger, peeled and mashed
6 garlic cloves, ground to a paste
2 green chillies, mashed to a paste
2 tsp cumin seeds
1 tbsp fennel seeds
9 cloves
seeds from 6 cardamom pods
3cm (1 in) length of cinnamon
2 tsp ground turmeric
coriander

Method:

Melt the butter in a large pot and when frothing, add the onions and fry for about 6 minutes, or until nicely golden brown. Stir in 500ml (2 cups) water along with the cloves, cardamom and cinnamon. Cover with a tight-fitting lid and simmer gently for 10 minutes. Now add the ginger, garlic, chillies, cumin and fennel seeds. Sit the rice on top, add 500ml (2 cups) water and bring back to a simmer.

Whisk the turmeric to a paste with 3 tbsp water then pour into the pan. Cut the eggs in half lengthways and carefully sit on top of the rice.

Bring back to a simmer, cover with a tight-fitting lid and simmer gently for about 35 minutes, or until the rice is tender and all the water has evaporated away (the cooking time is a guide and will depend a little on the type of rice used).

When done, carefully turn the rice mixture onto a serving tray. Garnish with chopped coriander and serve accompanied by poppadoms, chutney or pickle and Bombay duck or crisp-fried fish.

Khichiri

This is the Indian version of rice and beans, which has almost as many variants, it seems, as there are households in India. The version given here is made with red lentils, but it's also commonly made with moong dhal (mung beans) or yellow split peas, where the lentils cook down to give a rich, risotto-like texture.

Ingredients:

225g (1/2 lb) rice (basmati or Patna, for preference)
225g (1/2 lb) red lentils
salt, to taste
1 large onion, finely chopped
1/2 tsp cumin seeds
1/2 tsp ground turmeric
115g (1/4 lb) ghee or butter
600ml (2 1/2 cups) water or stock

Method:

Heat the ghee or butter and use to fry the onion for about 6 minutes, or until nicely browned. Pour off half the fat from the pan into a bowl and set aside. Add the turmeric and cumin seeds to the onion and fry for about 2 minutes more, or until the cumin seeds begin to splutter.

Turn the fried mixture into a large saucepan and add the rice, lentils, the reserved ghee or butter and mix thoroughly to combine. Pour in the stock and season to taste with salt.

Bring to a simmer, add a tight-fitting lid and cook over gentle heat until the rice is tender (about 25 minutes). If all the water has evaporated and the rice is still not cooked, add a little boiling water.

By the time the rice has cooked, the lentils should have broken down to give a creamy sauce.

Serve hot with Khichiri Prawn Sauce or with Chaas and accompanied with poppadoms and

sweet mango chutney.

Stuffed Aubergines

Stuffed Aubergines is a traditional Indian recipe for a classic vegetarian dish of aubergines (eggplants) stuffed with a lightly-spiced vegetable mix that is steamed to cook.

Ingredients:

4 large aubergines (eggplants)
4 green chillies, chopped
300g (2/3 lb) mixed vegetables (carrots, potatoes, celery, cauliflower, broccoli etc)
4 large garlic cloves, mashed in a mortar
1 tbsp ground coriander seeds
2 tsp ground cumin seeds
8 cloves
seeds from 8 cardamom pods
salt, to taste
60g (2 oz) butter, ghee or mustard oil
1/2 tsp powdered ginger
1 large onion, chopped

Method:

Dice the vegetables, bring a pan of water to a boil, add the vegetables and cook for about 6 minutes, or until just tender. Drain and set aside.

Halve the aubergines and scoop out the insides (leave the skins whole). Bring a pan of water to a boil, add the aubergine flesh and simmer for 10 minutes, or until tender. Drain and chop.

Melt the butter in a pan, add the onion and fry for about 6 minutes, or until golden brown. Now add the chillies, garlic, coriander seeds, cumin seeds, cardamom seeds, cloves and ginger. Fry for a few minutes, until brown and aromatic then turn into a bowl with the mixed vegetables and the cooked aubergine flesh. Season to taste with salt then stuff this mixture into the hollowed-out aubergine skins.

Arrange the stuffed aubergines in a steamer basket, place over a large pan of boiling water and steam for about 15 minutes, or until completely tender. Serve hot.

Khatta Curry

Khatta Curry is an unusual Indian style of acid curry, typically made with vegetables, but sometimes made with fish. This version is mixed vegetable variety, though it is also made with cabbage or aubergines.

Ingredients:

30g (1 oz) tamarind pulp
1 tbsp jaggery (palm sugar)
115g (1/4 lb) carrots

115g (1/4 lb) potatoes
115g (1/4 lb) artichoke hearts
115g (1/4 lb) pumpkin
500g (1 lb) tomatoes, chopped
115g (1/4 lb) turnips
115g (1/4 lb) swedes
1 tsp nigella seeds (kalonji)
75ml (3 oz) mustard oil
1 tbsp onion, ground to a paste
1 tsp ground turmeric
1/2 tsp hot chilli powder
4 garlic cloves, ground
1 1/2 tsp coriander seeds
4 green chillies, sliced into thin rings

Method:

Mix the tamarind pulp with 60ml (1/4 cup) boiling water until you have a smooth paste; then keep working in boiling water until you have 550ml (2 1/3 cups) in all. Strain through a fine-meshed sieve to remove any shells and fibres. Sweeten the tamarind juice with the jaggery and mix well to combine then turn into a bowl and set aside.

Chop the carrots, potatoes, turnips and swedes into 3cm (1 in) cubes. Add to a pan then add the chopped tomatoes. Pour in just enough water to cover then add the onion, turmeric, chilli powder, garlic and coriander seeds. Bring to a boil and cook for 5 minutes then add the sliced artichokes hearts and the cubed pumpkin. Bring back to a simmer and cook for 5 minutes more. Take off the heat and set aside.

Heat the mustard oil in a deep pan until almost smoking. Add the nigella seeds and fry for two minutes. Now pour in the tamarind juice and the vegetable mixture and bring to a boil. Turn down to a simmer and cook for about 10 minutes, or until the vegetables are completely cooked.

Serve either hot or cold, garnished with the chilli rings, and accompanied by plain boiled rice.

Bean Foogath

A foogath is any vegetable dish made with a sauce containing coconut milk and curry leaves. They are also, typically, vegetarian dishes based around a single main vegetable.

Ingredients:

500g (1 lb) French (fine) beans, topped and tailed and finely minced
1 large coconut
8 garlic cloves, minced
4 green chillies, minced
8 small onions, minced
3cm (1 in) piece of fresh ginger, peeled
8 curry leaves

2 tbsp butter or ghee
1 tsp ground turmeric

Method:

Remove the flesh from the coconut, grate finely and set aside.

Mince 2 of the onions and the garlic and place in a pan with the French beans and 250ml (1 cup) water. Bring to a boil, reduce to a simmer and cook, stirring frequently, until the mixture is almost dry.

Hat the oil in a pan, add the remaining onions and fry for about 5 minutes, or until browned then add the ginger, turmeric, chillies and curry leaves. Fry for a couple of minutes then add the bean mixture and stir-fry for 3 minutes before stirring in the grated coconut. Allow to heat through for about 3 minutes then turn into a dish and serve with either plain rice or khichiri.

Mixed Vegetable Curry

Mixed Vegetable Curry is a traditional Anglo-Indian recipe (from the 1900s) for a classic vegetarian curry of mixed vegetables cooked in a lightly-spiced tomato base.

Ingredients:

4 small aubergines (eggplants)
4 potatoes
225g (1/2 lb) carrots
2 large onions, finely chopped
2 large onions, halved
225g (1/2 lb) French beans
2 tsp coriander seeds
seeds from 3 cardamom pods
finely-grated flesh of 1 coconut
1 tbsp ghee or butter
1 dessertspoon cooking oil
4 garlic cloves
1/2 bunch coriander, finely chopped
500g (1 lb) tomatoes, chopped
6 red chillies
1 tsp ground cumin seeds
3cm (1 in) piece of fresh turmeric, grated
3cm (1 in) length of cinnamon stick
1 tsp asafoetida

Method:

Halve he aubergines, peel the potatoes and scrape the carrots. Place in a large bowl, cover with plenty of water and set aside to soak for 1 hour.

Pound the turmeric and ginger to a paste in a mortar, add the cinnamon and pound until smooth. Now add the coriander seeds, cardamom seeds, cumin, garlic and chillies and pound

until smooth. Heat the ghee (or butter) in a pan, add the spice paste and chopped onions and fry or about 6 minutes, or until the onions are golden brown. Stir in the coconut, fry for 1 minute then take off the heat and set aside.

Heat the cooking oil in a deep pan, and when hot add the asafoetida. Cook for 30 seconds then add the coconut and spice mix and the coriander leaves. Dilute with 300ml (1 1/4 cups) water and bring to a boil. Cube the aubergines, potatoes and carrots then add to the pan along with the French beans and halved onions. Add the tomatoes, bring back to a boil, cover with a tight-fitting lid and cook for about 15 minutes, or until the vegetables are tender and the sauce has reduced down and is very thick.

Serve hot with plain rice and an acidic pickle.

Fruit Curry

Fruit Curry is a traditional Anglo-Indian recipe (from the 1900s) for a classic vegetarian curry of mixed fruit cooked in a lightly-spiced tomato base.

Ingredients:

2 large onions, finely sliced
1 small papaya (pawpaw), halved, peeled and cubed
1 thick slice of pineapple, cubed
1 dessertspoon grated coconut
1 tbsp coconut cream
1 dessertspoon curry powder
1 cooking apple, peeled, cored and cubed
1 dessertspoon butter
1 tsp whole milk
1/2 tsp fresh ginger, grated
1 tsp currants
2 plantains (or green bananas), peeled and cubed
1/2 lime
1 tsp sultanas
1/2 tsp chilli powder
salt, to taste

Method:

Melt the butter in a frying pan, add the onions and fry until golden brown (about 6 minutes). Scatter over the curry powder and add the milk. Cook the mixture briskly for 5 minutes.

Combine the papaya, pineapple apple and plantains in a bowl. Squeeze over the lime juice and toss to combine (this will prevent the fruit from browning). Mix with the onions and spice mix and cook for 10 minutes then take off the heat.

Turn the ingredients from a frying pan into a deep saucepan and mix in the coconut cream, grated coconut, ginger, currants, sultanas, chilli powder and salt. Bring to a simmer, cover with a tight-fitting lid and simmer gently for 60 minutes.

Serve hot, accompanied by plain boiled rice.

Papeeta Kari (Papaya Curry)

Papeeta Kari (Papaya Curry) is a traditional Indian recipe (from Bengal) for a classic vegetarian curry of papaya (pawpaw) cooked in a lightly-curried gravy base.

Ingredients:

150g (1/3 lb) papaya, finely diced
3 tbsp freshly-grated coconut
3cm (1 in) peice of fresh turmeric
3 green chillies
1/2 tsp ground cumin seeds
4 small onions, sliced
6 curry leaves
1 tbsp butter or cooking oil

Method:

Combine the papaya pieces and three of the curry leaves in a pan. Bring to a boil and immediately take off the heat then set aside.

In a mortar, pound together the turmeric, chillies and cumin seeds until you have a smooth paste (add a little water, if needed). Mix in the grated coconut then scrape into a pan. Add 300ml (1 1/4 cups) water, bring to a simmer and cook until you have a thick gravy. Add the butter, onions and the remaining curry leaves then bring to a boil. Add the papaya mix and cook for 1 minute, or until heated through.

Turn into a bowl and serve with plain rice.

Tamatar Kari (Tomato Curry).

Tamatar Kari (Tomato Curry)Tamatar Kari (Tomato Curry) is a traditional Sri Lankan recipe for a classic vegetarian curry of tomatoes cooked in a spiced coconut milk base that, optionally, can be flavoured with a little dried fish.

Ingredients:

3 large tomatoes (these need to be very large), cut into thick slices
1 tsp chilli powder
2 tsp fenugreek seeds
1 dessertspoon onion, finely sliced
1 dessertspoon ghee, or butter
2 garlic cloves
1 sprig curry leaves
1 dessertspoon smoked and dried fish, flesh flaked free from the bones (optional)
250ml (1 cup) coconut milk
3cm (1 in) length of cinnamon stick
salt, to taste

Method:

Sprinkle salt and chilli powder over the tomato slices and arrange in a shallow, non-reactive dish.

In the meantime, heat the ghee or butter in a small saucepan. Add the fenugreek seeds and fry for five minutes then add the garlic and fry for another 5 minutes. At this point, add the onion, cinnamon and curry leaves and fry for about 6 minutes, or until the onions are browned.

Carefully slide in the tomato slices and cook for 15 minutes, stirring gently. Add the coconut milk and the dried fish. Typically this is served as an accompaniment to another dish and served with rice and flatbreads.

Aloo Kari (Curried Potatoes)

Aloo Kari (Curried Potatoes) is a traditional Indian recipe (from Bengal) for a classic vegetarian dish of boiled potato pieces dipped in a curried egg batter that are shallow-fried until golden before serving.

Ingredients:

12 potatoes
8 dried red chillies, finely ground in a spice or coffee grinder
2 eggs
1 1/2 tsp turmeric powder
1 tsp ground coriander seeds
120g (4 oz) ghee or butter
salt, to taste

Method:

Scrub the potatoes clean, but do not peel. Bring a pan of lightly-salted water to a boil, add the potatoes and boil for about 25 to 35 minutes, or until tender but still firm. Drain in a colander, allow to cool then peel and cut in half.

Beat the eggs well and mix in the ground chillies and a little salt. Combine the turmeric powder and ground coriander seeds in a cup. Add a tablespoon of boiling water and mix to a paste. Beat this mixture into the eggs.

Heat the ghee or butter in a frying pan. When hot, dip the potato halves in the egg mix, add to the frying pan and fry until brown. Remove from the pan, drain on kitchen paper and serve hot with parattas or chapatis.

It can also be used as an accompaniment or side-dish for an Anglo-Indian curry.

Aloo Badun (Potato Badun)

Aloo Badun (Potato Badun) is a traditional Sri Lankan recipe for a classic vegetarian curry of potatoes cooked in a spiced coconut milk base.

Ingredients:

500g (1 lb) potatoes
1 tsp turmeric powder
2 tbsp chilli powder

6cm (2 1/2 in) length of pandan leaf (rampe)
500ml (2 cups) thick coconut milk
4 onions, finely sliced
5 tbsp cooking oil
50g (2 oz) smoked and dried fish, flaked (bones removed)
1 sprig of curry leaves
thumb-sized piece of ginger
6 garlic cloves, chopped
salt, to taste

Method:

Scrub the potatoes clean, but do not peel. Bring a pan of lightly-salted water to a boil, add the potatoes and boil for about 25 to 35 minutes, or until tender but still firm. Drain in a colander, allow to cool then peel and cut into thick slices.

Arrange in the base of a saucepan and pour over the coconut milk. Add all the remaining ingredients (apart from the onions and oil), bring to a simmer and cook for 10 minutes.

Heat the oil in a frying pan and when hot add the onions. Fry for about 6 minutes, or until golden brown all over then add to the potato mixture. Continue simmering, uncovered, until the liquid evaporates and the gravy is very thick.

Serve hot with flatbreads, rice and lime pickle.

Khatta Meetha (Cabbage Curry)

Khatta Meetha (Cabbage Curry) is a traditional Indian recipe (from Kashmir) for a classic vegetarian curry of cabbage cooked in a spiced gravy base thickened with pulses.

Ingredients:

250g (9 oz) cabbage, chopped
2 tsp green chillies, chopped
3 whole, dry, red chillies (Kashmiri chillies are best)
2 tsp olive oil
1/2 tsp mustard seeds
1 tsp chana dhal (split hulled black chickpeas)
1 tsp urad dhal (split black lentils)
2 tbsp peanuts, crushed in a mortar
2 tbsp tamarind pulp
1 tsp ground mustard seeds
salt, to taste
14 curry leaves
1/4 tsp ground turmeric
1/2 tsp asafoetida (hing)
1 tbsp jaggery (palm sugar)

Method:

Bring a pan of salted water to a boil, add the cabbage and cook for about 6 minutes, or until just tender. Drain and set aside.

Heat the oil in a kadhai or wok, add the mustard seeds and fry until they begin to splutter. Now add the asafoetida and fry for 1 minute before adding the pulses, chillies, curry leaves and the peanuts. Fry for a couple of minutes then scatter over the ground turmeric and stir to combine.

Add the boiled cabbage and mix well. Remove any seeds and fibres from the tamarind pulp then stir into the contents of the pan. Season to taste with salt and add a little water to thin the mixture, if needed, before stirring in the jaggery. Bring to a simmer, cover the pan and cook gently for 5 minutes.

Serve hot, accompanied by rice.

Baby Corn Sabzi

Baby Corn Sabzi is a traditional Indian recipe (from South India) for a classic vegetarian curry of baby corn and peas in a tomato and yoghurt base.

Ingredients:

1.5kg (3 1/3 lb) baby corn, boiled until just tender and cut into 1cm pieces)
4 tsp ginger-garlic paste
1 tbsp vegetable oil
1/2 tsp cumin seeds
200ml (4/5 cups) tomato purée
250ml (1 cup) natural yoghurt, whisked in a bowl until smooth
100g (3 1/2 oz) fresh green peas, shelled
2 tsp salt
1 tbsp fresh coriander leaves, finely chopped

Method:

Place the ginger-garlic paste in a cloth and twist to extract the juice (discard the left-over pulp).

Set a kadhai or wok over high heat and add the vegetable oil. Add the cumin seeds and fry until they begin to splutter then stir in the tomato purée. Cook gently for 6 minutes then stir in the yoghurt, baby corn pieces and the peas. Stir well to combine, bring to a simmer and cook for 5 minutes.

Season with salt to taste then sprinkle over the ginger-garlic juice. Cook for about 2 minutes more, or until the gravy thickens. Turn into a warmed dish, garnish with the chopped coriander and serve accompanied by any Indian flatbread.

Mutter Curry (Pea Curry)

Mutter Curry (Pea Curry) is a traditional Indian recipe for a classic vegetarian curry of garden peas and onions with potatoes served n a lightly-spiced tomato gravy base.

Ingredients:

1kg (2 lb) fresh garden peas
2 large onions, finely chopped
60g (2 oz) ghee or butter
2 tsp salt
1/2 tsp chilli powder
1/2 tsp ground coriander seeds
2 large tomatoes, chopped
1/2 tsp ground cumin seeds
1/2 tsp ground turmeric
2 green chillies, chopped
2 large potatoes, peeled and diced

Method:

Heat the ghee or butter in a pan, add the onion and fry for about 5 minutes, or until golden brown. Now add the tomatoes and continue frying until browned before adding the peas and the spices. Season with the salt and pour over 120ml (1/2 cup) water. Bring to a simmer and cook for 15 minutes then add the potatoes and chillies.

Cover and cook gently over low heat for about 15 minutes more, or until the potatoes are very soft.

Serve hot.

Kobi Chana Dhal Curry (Cauliflower and Black Chickpea Curry)

Kobi Chana Dhal Curry (Cauliflower and Black Chickpea Curry) is a traditional Indian recipe for a classic vegetarian curry of cauliflower florets and hulled black chickpeas (chana dhal) cooked in a lightly-spiced gravy acidified with lemon juice.

Ingredients:

1 fresh cauliflower head, separated into small florets
60g (2 oz) ghee or butter
1 tsp salt
75g (3 oz) chana dhal (hulled and split black chickpeas), parboiled
2 onions, finely chopped
1/2 tsp chilli powder
1/4 tsp ground turmeric
1/2 tsp ground turmeric
2 tbsp desiccated coconut
juice of 1 lemon

Method:

Heat the ghee or butter in a pan, add the onions and fry for about 5 minutes. Add the cauliflower, drained chana dhal and the spices (along with the coconut and salt). Pour over 250ml (1 cup) water and bring to a simmer. Cover and cook over low heat for about 20 minutes,

or until the cauliflower is tender. Add the lemon juice and serve immediately.

Chana Dhal

Chana Dhal is a traditional Indian recipe for a classic vegetarian dish of chana dhal (hulled black chickpeas) cooked in an onion and spice curry gravy thickened with desiccated coconut.

Ingredients:

150g (1/3 lb) chana dhal (hulled black chickpeas)
1 large onion, chopped
2 tbsp desiccated coconut
1/2 tsp ground turmeric
1/2 tsp chilli powder
1/2 tsp garam masala
salt, to taste
1/2 tsp mustard seeds
1/2 tsp cumin seeds
2 tbsp groundnut oil

Method:

Thoroughly wash the chana dhal then set in a colander to drain. Bring 750ml (3 cups) water to a boil, add the chana dhal and boil for 5 minutes then add the onions, coconut, turmeric, chilli powder and salt. Return to a boil and continue boiling for about 30 minutes, or until the chana dhal are soft and the mixture has thickened. At this point, stir in the garam masala.

Heat the groundnut oil in a small pan and when hot add the mustard and cumin seeds. When the seeds begin to pop, take off the heat and mix with the chana dhal. Cook for 2 minutes more, stirring constantly, then turn into a warmed serving bowl and serve immediately.

Lobia (Black-eyed Peas)

Lobia (Black-eyed Peas) is a traditional Indian recipe for a classic vegetarian curry of black-eyed peas cooked in an onion and spice curry gravy thickened with desiccated coconut.

Ingredients:

250g (9 oz) black-eyed peas, soaked in plenty of water over night
2 large onions, chopped
2 tbsp desiccated coconut
3 green chillies, sliced lengthways into thin strips
1/2 tsp ground turmeric
1 tsp brown sugar
1/2 tsp cumin seeds
2 tbsp groundnut oil
salt, to taste

Method:

Drain the soaked black-eyed peas and mix in a pan with the onions, chillies, coconut, turmeric and sugar. Season to taste with a little salt.

Heat the groundnut oil in a small pan, add the cumin seeds and fry until they begin to top. Take off the heat and pour over the black-eyed pea mixture. Now pour over 600ml (2 1/2 cups) water and bring to a boil. Reduce to a simmer, cover the pan and cook gently for about 50 minutes, or until the beans are tender and almost dry.

Turn into a warmed dish and serve.

Masoor Dal (Split Orange Lentils)

Masoor Dal (Split Orange Lentils) is a traditional Indian recipe for a classic vegetarian curry of split orange lentils cooked in an onion and spice curry gravy thickened with desiccated coconut.

Ingredients:

125g (4 1/2 oz) masoor dal (split orange lentils), washed
1 large onion, chopped
2 tbsp desiccated coconut
salt, to taste
1/2 tsp ground turmeric
2 red chillies, finely chopped
1/2 tsp garam masala
1 tsp freshly-grated ginger
6 garlic cloves, finely chopped
2 tbsp groundnut oil
4 tbsp coriander leaves, to garnish

Method:

Bring 700ml (3 cups) water to a boil. Add the masoor dal and cook for about 10 minutes then add all the remaining ingredients (except the groundnut oil, garlic and garam masala).

Continue cooking, uncovered, until the masoor dal has broken down and the mixture is soft and thick.

Heat the groundnut oil in a small pan, add the garlic and fry until golden brown. Scatter over the garam masala and fry until aromatic. Stir this mixture into the masoor dal and serve garnished with the coriander leaves and accompanied by boiled rice.

Masoor Dal Churchuree

Masoor Dal Churchuree is a traditional Indian recipe for a classic vegetarian curry of split orange lentils cooked in an onion, chilli, garlic, turmeric and ginger gravy base.

Ingredients:

12 medium onions, sliced lengthways into thin strips
2 tsp butter
120g (1 cup) masoor dal (split orange lentils), washed

2 garlic cloves, mashed
1/2 tsp ground turmeric
3 red chillies, finely chopped
1 tsp freshly-grated ginger
salt, to taste

Method:

Wash the masoor dal in a bowl, drain, place back in the bowl, cover with water and set aside to soak for 60 minutes.

Heat half the butter in a pan, add the onions and fry for about 6 minutes, or until golden brown. Drain the dhal, place in a large pan and add the garlic, salt, spices and the remaining butter. Fry gently until lightly browned then pour in just enough water to cover the lentils. Bring to a simmer and cook for 15 minutes, or until soft. By this time, the lentils should have broken down and all the water will have been absorbed (be careful during the final stages of cooking and stir frequently to prevent the dal from sticking to the base of the pan).

Turn into a serving dish and scatter the fried onions on top. Serve immediately.

Kabuli Channa (Chickpeas)

Kabuli Channa (Chickpeas) is a traditional Indian recipe for a classic vegetarian curry of chickpeas and onions cooked in a slightly-spiced tomato gravy base.

Ingredients:

225g (1/2 lb) dried kabuli channa (chickpeas)
2 onions, finely chopped
3 medium-sized tomatoes, chopped
1/2 tsp ground turmeric
1/2 tsp chilli powder
1/2 tsp ground cumin seeds
1 tsp ground coriander seeds
60g (2 oz) butter
salt, to taste

Method:

Wash the chickpeas, place in a bowl, cover with water and set aside to soak over nigh.

When ready to cook, melt the butter in a pan, add the onions and fry for about 6 minutes or until golden brown. Add the tomatoes and continue frying for 5 minutes then stir in the salt, spices, drained chickpeas and 120ml (1/2 cup) water.

Bring to a simmer, cover the pan and cook for about 20 minutes, or until the chickpeas are tender and the sauce has thickened. Serve hot.

Moong (Mung Beans)

Moong (Mung Beans) is a traditional Indian recipe for a classic vegetarian curry of mung beans in an onion and coconut base flavoured with traditional curry spices.

Ingredients:

225g (1/2 lb) moong (mung beans)
2 onions, chopped
2 tbsp desiccated coconut
2 green chillies, finely chopped
1/2 tsp ground turmeric
1/2 tsp chilli powder
1/2 tsp whole black mustard seeds
pinch of hing (asafoetida)
2 tbsp groundnut oil
salt, to taste

Method:

Soak the mung beans over night in plenty of water.

When ready to cook, drain the mung beans and return to the bowl then mix in the onions, coconut, spices and a little salt, to taste.

Heat the groundnut oil in a pan, and when hot add the mustard seeds and the asafoetida. When the mustard seeds begin to pop, pour in 120ml (1/2 cup) water and add the mung bean mixture. Bring to a boil, reduce to a simmer then cover the pan and cook until the mung beans are soft (about 50 minutes). The final curry should be very dry.

Serve hot with rice and/or flatbreads.

Dhal Curry

Dhal Curry is a traditional Sri Lankan recipe for a classic vegetarian curry of chana dhal (hulled black chickpeas) in an spiced coconut milk base.

Ingredients:

225g (1/2 lb) chana dhal (hulled black chickpeas) [this recipe calls for fresh, if dried pre-boil for 15 minutes before use]
2 medium red onions, sliced lengthways into thin strips
1 tsp (heaped) mustard seeds
1 tsp powdered fish (optional; if not available buy a dried fish in the Oriental supermarket, dry fry and then grind)
3 green chillies
juice 1/2 lime
1 dessertspoon coconut oil or ghee
2cm (1 in) length of cinnamon stick
250ml (1 cup) thin coconut milk
250ml (1 cup) thick coconut milk
1 sprig of curry leaves
1 tsp ground turmeric
3cm (1 in) piece of rampe (this is pandan leaf, if not available substitute a piece of vanilla pod)

salt, to taste

Method:

Wash the chana dhal thoroughly then turn into a pan and pour in the thin coconut milk. Bring to a boil, stirring constantly, and cook, stirring frequently for 3 minutes. Now add the thick coconut milk and season with salt to taste.

Cook for a further 5 minutes, again stirring frequently then take off the heat and stir in the lime juice.

Heat the coconut oil or ghee in a clean pan then add the onions, curry leaves, rampe and mustard seeds. Cook for about 5 minutes, or until the onions are golden brown then add the dhal and the remaining spices. Sit a tight-fitting lid on top, bring to a simmer and cook for 2 minutes.

Serve hot, accompanied by rice and sour pickle.

Cauliflower Curry

Cauliflower Curry is a traditional Indian recipe for a classic vegetarian curry of cauliflower, new potatoes, carrots and broad beans cooked in a spiced tomato gravy base.

Ingredients:

1 large cauliflower, separated into florets
500g (1 lb) tomatoes
500g (1 lb) new potatoes, scraped and cubed
500g (1 lb) carrots, scraped and cubed
125g (5 oz) fresh broad beans, skins removed
4 sprigs of parsley
60g butter or mustard oil
1 1/2 tsp coriander seeds
1 tsp ground turmeric
1/2 tsp cumin seeds
1/4 tsp ground ginger
1/2 tsp hot chilli powder
1 large lemon, quartered
2 medium onions, very finely chopped
salt, to taste

Method:

In a mortar, grind the coriander, turmeric, cumin, ginger and chilli powder and work with 1 tbsp cold water to form a paste. Gradually add 220ml (1 cup, scant) boiling water, working it into the paste until smooth.

Heat the oil or ghee in a pan, add the onion pieces and fry for about 4 minutes, or until just very lightly browned. Stir in the curry spice paste and the tomato then bring to a boil. As soon as the mixture boils add the broad beans and cook for a couple of minutes before adding the potatoes and carrots. Bring to a simmer, cover the pan and cook for 10 minutes, or until the carrots are half done.

At this point add the cauliflower florets then pour in just enough water to cover the ingredients. Add the lemon quarters and bring the mixture to a boil. Reduce to a simmer and cook, uncovered, for about 15 minutes or until the cauliflower is tender. During this time, do not stir, but shake the pan occasionally (this will prevent the cauliflower from breaking up)

Turn into a serving dish, garnish with the parsley and serve accompanied by rice and pickles.

Banana-skin Curry

Banana-skin Curry is a traditional Indian recipe for a classic vegetarian curry of green banana skins cooked in a coconut and spice base flavoured with curry leaves.

Ingredients:

200g (7 oz) green banana skins
2 tbsp freshly-grated coconut
3 onions
1 tsp ground cumin
1 tsp ground turmeric
1 green chilli, finely chopped
1 dessertspoon ghee
1/2 tsp mustard seeds
3 curry leaves, crushed
salt, to taste

Method:

To prepare the banana skins, take unripe bananas and wash well then, using a sharp knife peel off the topmost layer of green skin. Chop this skin then place in a pan, cover with water, season with a little salt, bring to a boil and bring to a boil.

Add all the remaining ingredients (except the mustard and curry leaves). Mix all the ingredients together, cover with a tight-fitting lid and simmer for 10 minutes.

At this point, heat the ghee in a pan, add the mustard seeds and curry leaves. As soon as the mustard seeds begin to pop, add the banana leaf and spice mix (they should be completely dry by this point). Stir-fry the resultant mixture for two or three minutes then turn onto a serving dish and serve piping hot.

(The left-over bananas will ripen as normal and can be cooked in the usual way, or you can use them whilst green in place of plantains.)

Khuttah Karee (Acid Vegetable Curry)

Khuttah Karee (Acid Vegetable Curry) is a traditional Indian recipe (from Bengal) for a mixed vegetable curry cooked in a spiced tamarind juice base.

The name here is Bengali and the original recipe comes from an Anglo-Indian cookbook of the 1900s, *The People's Indian Cookery Book; New and Popular Culinary and Household Recipes*, Olivia C. Fitzgerald, 1900, Calcutta.

Ingredients:

500g (1 oz) potatoes (scrubbed if new potatoes, pared if old potatoes), cut into large chunks
125g (5 oz) Jerusalem artichokes, scrubbed clean and cut into large chunks
125g (5 oz) sweet potatoes, peeled and cut into large chunks
125g (5 oz) carrots, scraped and cut into large chunks
125g (5 oz) pumpkin or squash, peeled and cut into large chunks
125g (5 oz) tomatoes, chopped
1 onion, chopped into small pieces
1 tsp ground turmeric
1/4 tsp chilli powder
2 garlic cloves
1 tsp ground coriander seeds
60ml (2 oz) mustard oil
15g (1/2 oz) tamarind pulp
1 dessertspoon Demerara sugar
1 tsp nigella seeds (kalonji, onion seeds)
salt, to taste

Method:

Mash the tamarind then mix to a paste with a little hot water. Now add enough boiling water to make it up to 500ml (2 cups) then strain to remove any bits of pod or shell. Mix in the sugar then add the spices and garlic.

Add the vegetables to a pan, pour over the liquid and bring to a boil. In the meantime, heat the mustard oil in a pan, add bring just to a boil. Take off the heat and pour into the vegetable mix. Cover the pan tightly, reduce to a simmer and cook for about 20 minutes or until the vegetables are tender.

Take off the heat and set aside to cool. This dish is typically eaten cold and tastes better that way.

Aloo Dum (New Potato Curry)

Aloo Dum (New Potato Curry) is a traditional Indian recipe (from Bengal) for a classic curry of new potatoes in a lightly-spiced gravy with sour milk.

Ingredients:

500g (1 lb) small new potatoes, scrubbed clean
1/2 tsp garam masala
1/2 tsp ground turmeric
1/2 tsp ground coriander seeds
1/4 tsp chilli powder
1/4 tsp freshly-ground black pepper
pinch of dried ginger
3 cassia leaves (or a piece of cassia bark)

60ml (1/4 cup) sour milk (or buttermilk)
120g (4 oz) ghee, butter or cooking oil
1/2 tsp ground cumin seeds
pinch of ground aniseeds
salt, to taste

Method:

Bring a pan of lightly-salted water to a boil, add the potatoes and boil for about 20 minutes, or until cooked through but still firm. Mix the turmeric, coriander seeds, black pepper, chilli powder and ginger in a bowl. Add enough water to bring them together as a paste then combine with the sour milk or buttermilk.

Drain the potatoes then smear over the spice mixture and set aside.

Melt the ghee or butter in a pan, add the cassia leaves, aniseed, cumin and garam masala and stir until aromatic. Add the potatoes to this mix and fry for 1 minute then add 2 tbsp water. Bring to a simmer and cook for 5 minutes, or until dry.

Turn the potatoes into a dish and serve.

Bhoonee Khichiri (Rice and Lentil Kedgeree)

Bhoonee Khichiri (Rice and Lentil Kedgeree) is a traditional Indian recipe for a classic vegetarian dish of mixed rice and lentils.

Ingredients:

225g (1/2 lb) basmati rice, washed
115g (1/4 lb) lentils, washed and soaked in water for 1 hour before cooking
6 onions, sliced lengthways into thin slivers
120g (4 oz) butter
3cm piece of fresh ginger, peeled and thinly sliced
12 black peppercorns
salt, to taste
6 cloves
seeds from 2 cardamom pods
4 bayleaves
4 small cinnamon sticks (about 2cm [3/4 in] long, each)

Method:

Melt the butter in a pan. When bubbling, add the sliced onions and cook for about 5 minutes, or until nicely browned. Remove with a slotted spoon and set aside.

Drain the lentils, mix with the rice and add to the butter remaining in the pan. Fry until the butter has been absorbed, then add the ginger slices and all the remaining ingredients. Mix thoroughly to combine then pour in enough water to just cover all the ingredients.

Bring to a boil, reduce to a simmer, cover with a tight-fitting lid and simmer gently until all the liquid has been absorbed (about 30 minutes). During the cooking time, do not stir the ingredients, but shake the pan from time to time to prevent the rice and lentils from sticking to the

base.

When the rice is dry, turn the contents of the pan into a warmed dish, top with the fried onions and serve.

Egg Curry

Egg Curry is a traditional Anglo-Indian recipe for a classic vegetarian curry of a spiced onion and tamarind blend in which eggs are fried.

Ingredients:

8 eggs
2 onions, finely chopped
2 garlic cloves, finely chopped
2 green chillies
1/2 tsp ground coriander seeds
1/2 tsp ground cumin seeds
1/2 tsp hot chilli powder
1/4 tsp ground turmeric
2 tbsp tamarind pulp
4 tomatoes, sliced
60g (2 oz) ghee or butter

Method:

Heat the ghee or butter in a pan. When hot add the onions and fry for about 6 minutes, or until golden brown. Add the tomatoes, garlic and chillies at this point, along with the spices (but not the tamarind paste). Stir in 250ml (1 cup) water then bring to a simmer.

Reduce the heat to low and continue coking gently for about 8 minutes. In the meantime, mix the tamarind pulp with 120ml (1/2 cup) boiling water in a small bowl. Allow to cook enough to handle then squeeze the tamarind pulp to extract as much of the flavour as possible. Pass through a fine-meshed sieve and reserve the liquid.

Add the tamarind juice to the gravy and season to taste with salt. Bring back to a simmer and cook for 2 minutes then turn the gravy into a wide frying pan. Bring back to a simmer then form eight depressions in the gravy and crack an egg into each one. Continue simmering (without stirring) for about 3 minutes more, or until the eggs are set.

Serve hot, accompanied by rice.

Aloo Anda (Eggs on Potatoes)

Aloo Anda (Eggs on Potatoes) is a traditional Indian recipe for a classic vegetarian dish of fried eggs blended with eggs.

Ingredients:

8 eggs
1kg (2 lb) potatoes, peeled and finely diced
4 onions, finely chopped

100g (3 1/2 oz) oil or ghee for cooking
1 tsp chilli powder
1/2 tsp ground turmeric
salt, to taste

Method:

Heat the oil or ghee in a large pan, add the onions and fry for 4 minutes, or until lightly browned. Add the potatoes then stir in the turmeric and chilli powder. Continue cooking, stirring frequently, for about 20 minutes, or until the potato pieces are completely tender.

Break the eggs into a bowl and beat them together well. Add the eggs to the potatoes and cook, stirring constantly, until the eggs are cooked.

Season to taste with salt and serve.

Aloo Mutter (Potatoes with Peas)

Aloo Mutter (Potatoes with Peas) is a traditional Indian recipe for a classic vegetarian curry of green peas and potatoes cooked in a spiced onion and tomato gravy base.

Ingredients:

500g (1 lb) green peas (fresh or frozen)
225g (1/2 lb) potatoes, peeled and thinly sliced
2 onions, thinly sliced
2 tomatoes, chopped
60g (2 oz) ghee or oil for frying
1/2 tsp chilli powder
1/4 tsp ground turmeric
1/4 tsp ground coriander seeds
1/4 tsp ground cumin seeds
2 tsp salt (or to taste)

Method:

Heat ghee or oil in a pan. When hot, add the onions and fry for 2 minutes. Now add the tomatoes and cook for 4 minutes more before adding the potatoes, peas and the spices. Season with the salt and fold to combine. Bring to a simmer, cover and cook over low heat for about 10 minutes, or until the peas and potatoes are tender.

Serve hot, accompanied by chapattis or parrattas.

Vadis

Vadis is a traditional Indian recipe for a classic vegetarian dish of a cooked lentil, onion and chilli blend bound with egg and fried as patties to cook.

Ingredients:

250g (9 oz) red lentils
1 tsp sea salt, to taste

4 large onions, finely sliced
1 1/2 tsp ground turmeric
8 green chillies, chopped
2 eggs
oil or ghee for frying

Method:

Bring a pan half-full of water to a boil (about 500ml [2 cups]). Add the lentils and the turmeric and bring back to a boil. Continue boiling for about 20 minutes, or until the lentils are soft and almost all the liquid has evaporated away.

Take off the heat and stir in the onions and chillies. Allow to cool until warm then beat the eggs into a bowl and stir into the lentil mixture.

Form the resultant mixture into little cakes. Heat oil or ghee in a frying pan. Add the lentil cakes and fry until golden brown and cooked through. Serve hot accompanied by rice and chutneys.

Nawabi Curry

Nawabi Curry is a traditional Indian Awadhi recipe for a classic vegetarian curry of mixed vegetables cooked with a spice base made of cumin, poppy seeds, onion and chillies.

Ingredients:

100g (3 1/2 oz) chopped vegetables, boiled until tender (French beans, string beans, carrots, cauliflower, broccoli etc)
3 tomatoes, chopped
1 tbsp cooking oil
1/2 tsp sugar
salt, to taste

For the Spice Paste:

1 tbsp cumin seeds
1 tbsp poppy seeds
1 large onion
2 green chillies
3 cardamom pods
3 cloves
1 tbsp coriander seeds
2 tsp aniseeds
2 cinnamon sticks
3cm piece of ginger

Method:

Combine all the ingredients for the spice paste in a blender and process until smooth (add a little water if necessary).

In the meantime, place the chopped tomatoes in a pan and add 350ml (2 1/2 cups) water.

Brig to a simmer, cover the pan and cook for about 15 minutes, or until the tomatoes are soft. Take off the heat and pass through a fine-meshed sieve, pressing down with the back of a spoon (this will purée the mixture and remove the skins and seeds).

Heat the oil in a pan, add the spice paste and fry for about 3 minutes, stirring constantly, or until aromatic. Add the tomato purée and bring to a simmer then stir in the cooked vegetables, sugar and salt.

Allow the ingredients to heat through and serve hot accompanied by koftas and parathas.

Navartan Pulao (Cheese and Curd Pilau)

Navartan Pulao (Cheese and Curd Pilau) is a traditional Indian recipe for a classic one-pot dish of rice, vegetables, curd cheese and curds cooked in a spiced stock base.

Ingredients:

500g (1 lb) basmati rice
50g (2 oz) fresh peas
60g (2 1/2 oz) carrots, chopped
25g (1 oz) cashew nuts, chopped
50g (2 oz) paneer, cubed
20g (1 oz) raisins
150g (1/2 lb) curds
10g (1/2 oz) garam masala
1/2 tsp ground turmeric
75g (3 oz) ghee or butter
1 lemon
small bunch of mint leaves
15g (1/2 oz) green chillies, chopped
75g (3 oz) onions, sliced
1 tsp hot chilli powder
25g (1 oz) ginger-garlic paste
salt, to taste
4 tbsp coriander leaves, shredded
oil for frying

Method:

Wash the rice thoroughly, place in a bowl, cover with water and set aside to soak for 30 minutes.

In the meantime, heat a little oil in a kadhai or wok. When hot add the chopped carrots and the cubes of paneer. Fry for a few minutes then remove with a slotted spoon and set aside. Add the ghee (or butter) onions to the oil remaining in the wok and fry for about 5 minutes, or until golden brown.

Now add the vegetables, chillies, mint leaves, ginger-garlic paste and the fried paneer and carrot along with the cashew nuts and raisins. Fry the mixture, stirring frequently for 5 minutes then add the chilli powder, curd, garam masala, turmeric and salt. Fry again for a couple of

minutes then take off the heat and set aside.

Bring a pan of water to a boil, add the rice and cook for about 10 minutes, or until the rice is half done. Drain the rice and mix with the curry ingredients. Place the curry mix in a steamer basket lined with greaseproof (waxed paper) and steam over a pan of boiling water for about 15 minutes, or until the rice is completely tender.

Turn the cooked pilau mix into a serving dish and squeeze over the juice from the lemon. Garnish with the coriander leaves and serve immediately.

Brinjal Bhaji (Aubergine Bhajis)

Brinjal Bhaji (Aubergine Bhajis) is a traditional Indian recipe for a classic dish of aubergine (eggplant) slices coated with oil, turmeric and chilli powder that are fried to cook.

At its most basic, a bhaji is simply a term for fried vegetables. Such vegetables can be battered, or they can simply be dusted with spices and fried, as here.

Ingredients:

2 medium-sized aubergines (about 225g [1/2 lb] each)
250ml (1 cup) mustard oil or ghee
1 tsp ground turmeric
1/2 tsp hot chilli powder
salt, to taste

Method:

Wash the aubergines well, pat dry then slice into rounds no more than 3mm thick. Place in a bowl, cover with water and set aside to soak for 60 minutes. After this time, drain the aubergine slices and gently pat dry.

In a small bowl, mix together the turmeric, salt and chilli powder. Mix to a smooth paste with a little water and then brush this mixture over both sides of the aubergine slices.

Pour the mustard oil into a large frying pan and heat until just smoking. Add a few of the aubergine slices (as many as will fit into the pan without touching) and fry until golden brown on both sides and cooked through until tender (use the point of a sharp knife to test them). When the slices are done, remove with a slotted spoon and drain on kitchen paper. As they drain, fry the next batch.

When the slices are cooked, serve hot with plain boiled rice and lime pickle, or with puris or chapatis.

Salted Lime Curry

This is a classic example of a type of Indian curry known as ‘pickle curries’, which is, in effect a cross between a pickle and a curry. They are not often encountered in the West, but are very important in the Indian sub-continent and the Far East because they will keep for up to a fortnight without refrigeration. Typically they are used as an accompaniment, with about two teaspoons eaten with a curry and rice dish.

Ingredients:

20 limes, quartered, rubbed all over with salt and set aside to marinate over night.
25 dried red chillies
1 dessertspoon fenugreek seeds
1 tsp cumin seeds
1 tsp mustard seeds
2 tsp ground turmeric
8 heads of garlic, cloves separated and peeled
12 green chillies, slit lengthways
4 tbsp mustard oil
1 tbsp ground mustard seeds
1.5l (6 cups) vinegar
6 curry leaves
salt, to taste

Method:

Place a non-stick pan over dry heat and when hot use to separately dry fry the chillies, mustard seeds, fenugreek seeds and cumin seeds until lightly browned and aromatic. Turn into a spice or coffee grinder and render to a fine powder, then mix in the ground turmeric.

Heat the oil in a heavy-based pan, add the ground mustard seeds and curry leaves. Fry for 20 seconds then add the powdered spice mix and salt. Fry for 20 minutes more then add the salted limes and the vinegar. Bring the mixture to a boil, reduce to a simmer and cook for about 30 minutes, or until the sauce is thick and the oil has separated to the top.

At this point the pickle curry is ready. Take off the heat, allow to cool then pour into Tupperware containers and store in the refrigerator. This is a very hot pickle, excellent for chilli lovers.

Pumpkin Chakee

Just as bhajis are fried vegetables, Indian chakees are vegetables that are stewed in tamarind juice. Typically they are made from a mix of vegetables and usually include pulwal (*Trichosanthes dioeca*), a long bean-like vegetable commonly eaten in the tropics, but can be made from a single vegetable, as here.

Ingredients:

2 or 3 tamarinds, skins and seeds removed (or 1 dessertspoon tamarind pulp)
120ml (1/2 cup) mustard oil
1/2 tsp garlic, mashed to a paste
1/4 of a pumpkin, peeled and seeds removed and flesh cut into 3cm cubes
2 dessertspoons onions, ground to a paste
1 tsp fresh chillies, ground to a paste
1 tsp ground turmeric
250ml (1 cup) water
10 tomatoes, chopped

Method:

Mash the tamarind pulp or flesh into the water and set aside.

Heat the oil in a pan and when almost smoking add the onion and cook for 2 minutes, stirring constantly. Add the chillies, turmeric and garlic and stir to combine then cook, stirring constantly, for 4 minutes more before mixing in the tamarind water and the chopped tomatoes.

Bring the mixture to a boil then add the pumpkin cubes. Bring back to a boil then reduce to a gentle simmer. Cover the pan with a tight-fitting lid and cook for about 20 minutes, or until the sauce has thickened and the pumpkin pieces are tender.

Serve hot with plain boiled rice.

Brinjal Pohie

Brinjal Pohie is a traditional Sri Lankan recipe for a classic curry of aubergines (eggplants) cooked in a spiced tamarind milk and tamarind juice base.

Ingredients:

4 medium-sized aubergines (brinjals)
1 tbsp ground mustard seeds
1/4 stick of lemongrass
1 small sprig of curry leaves
1 tbsp smoked and dried fish (or Bombay duck), flesh removed and pounded to a paste
4 garlic cloves, chopped
3 red chillies, sliced
5cm (2 in) length of cinnamon stick
5cm (2 in) piece of rampe (pandan leaf)
20 dried chillies, pounded in a mortar
1 tbsp sugar
1 tbsp coriander seeds
1 1/2 tsp ground white cumin seeds
1/2 tsp sweet cumin seeds, ground
1 tbsp vinegar
45g (1 1/2 oz) tamarind pulp, squeezed in 1 tbsp water and strained
3 tbsp coconut oil (or cooking oil)
125ml (1/2 cup) thick coconut milk
1 tsp saffron threads, crumbled
1 tsp salt
1 tbsp red onions, sliced

Method:

Slice the aubergines lengthways then rub the cut sides with salt and saffron. Heat 1 tbsp of the oil in a pan, add the aubergines and fry until soft and cooked through (about 10 minutes). Remove with tongs and set aside.

Mix all the ground spices with the vinegar and tamarind juice to a smooth paste.

Heat 2 tbsp of the oil in a pan and when very hot add the spice mixture along with the curry

leaves, lemongrass, fish, garlic, chillies, cinnamon, pandan leaf, dried chillies and red onions. Cook for 3 minutes, stirring frequently ,then add the aubergine halves along with the coconut milk and sugar.

Bring the mixture to a boil, reduce to a simmer and cook over low heat for about 20 minutes, stirring occasionally, until the sauce is thick and the mixture is hot through.

Vegetarian Kibbeh

Vegetarian Kibbeh is a traditional Indian recipe for a classic vegetarian dish of lentil and bulgur wheat sausages that are oven baked and are based on Arabic Kibbeh.

Kibbeh is one of those dishes (typically made with Lamb) that's know throughout Arabia and the Levant. This recipe is for a vegetarian Indian version of this classic dish made with red lentils.

Ingredients:

160g (6 oz) hulled red lentils
90g (3 oz) fine-grain bulgur wheat (lightly grind ordinary bulgur wheat in a coffee grinder)
1 1/2 tsp tomato purée
1 1/2 tsp hot chilli paste (either buy or pound hot chillies in a mortar)
1 large onion, finely chopped
2 tbsp olive oil
2 garlic cloves, minced
1 1/2 tsp ground cumin
freshly-ground black pepper, to taste
2 tbsp freshly-chopped tarragon
generous pinch of hot chilli powder
1 tsp lemon juice
sea salt, to taste

Method:

Add the lentils to a pan along with 600ml (2 1/2 cups) water. Bring the mixture to a boil over high heat and skim the foam from the surface. Turn the heat to low and continue simmering until the lentils are very soft and mushy (about 20 minutes).

Meanwhile, add the bulgur wheat to a large bowl. Combine with the tomato purée and hot chilli paste. Bring the lentil mix back to a boil over high heat then pour over the bulgur wheat mixture. Stir well to combine then set aside to swell for 30 minutes.

Add the olive oil to a pan and use to fry the olive until it begins to colour golden brown (about 8 minutes) then stir-in the garlic, cumin and lots of freshly-ground black pepper. Cook for about 2 minutes then take off the heat.

After the soaking time stir the fried onion mix into the lentil mixture and stir to combine thoroughly. Using your hands, knead all the ingredients together then add the tarragon, chilli powder and lemon juice then season with salt to taste.

Take walnut sized pieces of the mixture and shape into balls. Flatten these to extended ovals and arrange on a lightly-greased baking tray. Once done, place in an oven pre-heated to

170ºC (340ºF) and bake for about 15 minutes, or until the crust is firm but the kibbeh have not started to brown. Allow to cool completely on the baking tray then transfer to a serving plate. Chill for at least two hours then serve with a yoghurt dipping sauce or with hot sauce.

Mullangi Sambar (White Radish Sambar)

Mullangi Sambar (White Radish Sambar) is a traditional Indian recipe for a classic vegetarian dish of white radish (mooli) in a spiced sauce with pigeon peas.

Ingredients:

200g (7 oz) mooli (white radish), peeled
1 tbsp oil
150g (5 1/2 oz) pigeon peas (toor dal)
1/4 tsp ground turmeric
1 tsp mustard seeds
1/2 tsp mung beans (urad dal)
pinch of asafoetida powder (hing)
5 curry leaves
1 medium onion, sliced
1/4 tsp tamarind paste
50g (2 oz) grated coconut
1 medium tomato, chopped into 6 chunks
2 pinches of turmeric powder
2 tsp Garam Masala)
salt, to taste
4 tbsp coriander leaves, chopped

Method:

Cut the peeled mooli into round slices add to a pan of lightly-salted water and cook for about 15 minutes, or until just tender. Drain and set aside. In the meantime, combine the toor dal in a pan with 1l water and the turmeric. Bring to a boil and cook for about 30 minutes, or until soft and mushy. Pour off any excess water and purée until smooth.

Heat the oil in a wok, add the mustard seeds and fry until they begin to splutter then add the mung beans and the asafoetida. Continue frying until the mug beans begin to brown then add the curry leaves. Now stir in the onions and fry for about 3 minutes, or until just soft.

Stir the tamarind paste into 250ml (1 cup) of water and add this to the wok along with the grated coconut. Bring to a simmer, cover and cook for 15 minutes (by this time the raw smell of the tamarind should have gone) then stir in the tomatoes, cooked mooli, sambar powder, ground coriander and salt. Return to a simmer and continue cooking, covered, for a further 10 minutes.

Now add the pigeon pea purée to the sambar and cook for another 5 minutes. Stir in the coriander leaves and serve.

Chole (Chickpea Curry)

Chole (Chickpea Curry) is a traditional Indian recipe for a classic vegetarian curry of chickpeas in a spiced curry sauce base.

Ingredients:

150g (1/3 lb) dried chickpeas
1.5l (6 cups) water
1 Malabathrum (Indian Bay Leaves) (or substitute cassia bark)
seeds from 4 cardamom pods
6 whole cloves
5 black peppercorns
5cm (2 in) length of cinnamon stick, broken into pieces
1 tbsp cumin seeds
4 tbsp ghee (or oil)
1 tbsp fresh ginger, grated
1 tsp hot green chillies, minced
1/2 tsp cayenne pepper
1/2 tsp hing (asafoetida powder)
3/4 tsp ground turmeric
2 tsp sweet paprika
1 tbsp ground coriander seeds
1 tbsp fresh lemon juice
2 tsp salt
3 tbsp fresh coriander leaves, chopped

Method:

Pick over, wash and drain the chickpeas. Place in a bowl, cover with plenty of water and set aside to soak over night.

When ready to cook, drain the chickpeas and place in a large pan with the 1.5l water and the bayleaf. Bring to a boil then reduce the heat to a simmer. Continue cooking for about 60 minutes, or until the chickpeas are soft and tender (but still whole).

Take off the heat and drain the chickpeas (reserve the cooking liquid) and discard the bayleaf. Place about 50g (2 oz) of the cooked chickpeas in a blender with a little of the cooking liquid and process to a smooth paste. Scrape into a bowl and set aside.

Combine the cardamom seeds, cloves, black peppercorns, cinnamon and cumin seeds in a coffee grinder or mortar and render to a fine powder.

Heat the ghee (or oil) in a wok or large saucepan over moderately high heat. When hot add the ginger and green chillies and fry for 1 minutes. Take the pan off the heat then stir in the cayenne pepper, asafoetida, turmeric, paprika and ground coriander. Stir in the ground spice mixture along with the chickpeas, lemon juice and the chickpea purée.

Place back on the heat then stir in enough of the reserved chickpea liquid to make a gravy. Bring to a simmer and cook for about 7 minutes. Take off the heat and turn into a serving bowl. Garnish with the chopped coriander leaves and serve immediately.

Typically this is served with pooris, chapatis or with boiled rice.

Palak Panir (Creamed Spinach with Fresh Curd Cheese)

Palak Panir (Creamed Spinach with Fresh Curd Cheese) is a traditional Indian recipe for a classic vegetarian dish of spinach greens and fresh paneer cheese in a spiced gravy base finished with cream.

Ingredients:

1 tsp fresh ginger, finely chopped
1 hot green chilli, minced
1 tsp ground coriander seeds
1/2 tsp sweet paprika
1/2 tsp ground cumin seeds
1/2 tsp ground turmeric
1 tbsp ghee (or oil)
2 large bunches of spinach, washed, trimmed and finely chopped
4 tbsp single cream
home-made paneer cheese (made from 2l milk), cut into 1.5cm cubes
1/2 tsp garam masala
1 tsp salt

Method:

Combine the ginger and chilli in a food processor with 3 tbsp water. Process to a paste then add the ground coriander seeds, paprika, cumin and turmeric. Blend to a smooth paste then turn this mixture into a bowl.

Heat the ghee in a heavy, flame-proof casserole then add the spice paste and fry, stirring constantly, for about 90 seconds, or until very fragrant. Add the spinach then carefully fold into the spice mixture.

Continue cooking over medium heat for about 5 minutes, or until the spinach has begun to wilt. Fold in the cream at this point then add the cubed paneer along with the garam masala and the salt. Continue cooking for 5 minutes more, or until thoroughly heated through.

Serve immediately.

Potato Bhurta

Potato Bhurta is a traditional Indian recipe for a classic fried dish of potatoes and onions with curry spices in a lemon juice base.

Ingredients:

500g (1 lb) potatoes, scrubbed clean
120g (1/2 lb) butter
2 large onions, finely chopped
60g (2 oz) coriander leaves, chopped
1 green chilli
4 cloves
seeds from 4 cardamom pods, crushed in a mortar

1/2 tsp chilli powder
juice of 1 lemon
1/2 tsp salt

Method:

Bring a pan of water to a boil, add the potatoes and cook for about 30 minutes, or until tender. Drain the potatoes, allow to cool until they can be handled then peel and mash in a bowl. Stir in half the onions, chilli, coriander leaves, cardamom seeds, cloves, chilli powder and salt to the potatoes and mix well to combine.

Melt the butter in a pan, add the remaining onions and fry for about 5 minutes, or until golden brown. Now add the potato mixture and fry, stirring frequently, for about 12 minutes over low heat. Turn into a serving dish, sprinkle over the lemon juice and serve with plain boiled rice and dhal.

Brinjal Bhurta

Brinjal Bhurta is a traditional Indian recipe for a classic fried dish of aubergines (eggplants) and onions with curry spices in a yoghurt base thickened with coconut.

Ingredients:

2 large aubergines
1 onion, finely chopped
1 green chilli, finely diced
1/2 tsp sea salt
1 tbsp desiccated coconut
150ml (5 oz) natural yoghurt
olive oil

Method:

Brush the olive oil all over the aubergines then sit on a baking tray. Transfer to an oven pre-heated to 180ºC (360ºF) and bake for about 40 minutes, or until soft. Place in a bowl and cover with clingfilm. Allow to cool until they can be handled then remove the skins.

Chop the flesh and mash thoroughly then mix in the onion, chilli, salt, desiccated coconut and yoghurt. Mix thoroughly to combine and turn into a serving bowl.

Serve cold as an accompaniment with plain boiled rice and dhal.

Makhni Curry Sauce

Makhni Curry Sauce is a traditional Indian recipe (from the Punjab region) for a classic curry sauce made from a ghee, yoghurt, tomato purée and cream base flavoured with spices and garlic.

This is a classic curry sauce (gravy) from the Punjab region of North India. Depending on usage, you will either need to very finely chop the onions, or finely mince them (mince the onions for a smooth, silky texture).

Ingredients:

60ml (2 oz) ghee
250g (9 oz) onions (either finely chopped or minced, depending on usage)
1/2 tsp salt
1 tbsp garlic, minced
1 tbsp fresh ginger, grated
2 hot red chillies, chopped
1/4 tsp ground turmeric
1/4 tsp cayenne pepper
1 tsp ground cumin seeds
1 tsp ground coriander seeds
1/4 tsp ground fenugreek seeds
1/4 tsp freshly-grated nutmeg
1/2 tsp ground cinnamon
1/4 tsp ground cloves
1 Malabathrum (Indian Bay Leaves) (or substitute cassia bark)
60ml (2 oz) natural yoghurt
250ml (1 cup) tomato purée
1/4 tsp paprika
50g (2 oz) butter
250ml (1 cup) Malai (clotted cream)
250ml (1 cup) water

Method:

Heat the ghee in a heavy-based pan. Add the onions and fry for about 8 minutes, or until just beginning to colour. Add the ginger, garlic, and chilli then fry for 2 minutes more. At this point stir in the turmeric, cayenne pepper, cumin, coriander and fenugreek. Stir-fry for 1 minute, or until aromatic (if needed, add 1 tbsp water).

Now stir in the nutmeg, cinnamon, cloves and bayleaf. Stir to mix and cook for 1 minute before stirring in the yoghurt, 1 tablespoon at a time. When all the yoghurt has been incorporated add the tomato purée and stir into the other ingredients. Continue frying, stirring constantly, until the mixture begins to split and the oil comes out of the tomato purée (about 10 minutes).

At this point stir in the paprika, butter and clotted cream. Bring to a simmer and cook for about 10 minutes. Stir in enough of the water to give you the desired consistency, bring back to a simmer and cook until all the ingredients are heated through.

Solachi Kadhi (Kokam Sauce)

Kokam Kadhi (Kokam Sauce) is a traditional Indian recipe for a cold curry sauce made with coconut milk and flavoured with kokam fruit.

This is a traditional kokum curry that's generally served cold as an accompaniment to rice and fried fish.

Ingredients:

1 coconut, grated (or 800ml [3 1/3 cups] coconut milk)
4–5 whole, dried, kokam (mangosteen)
2 green chillies
4–5 garlic cloves
handful of coriander leaves
salt to taste

Method:

Begin by soaking the kokam fruit in a cup of water for half an hour. Every now and then squeeze the fruit. By the end of this time the water should become a deep pink in colour and should taste quite acid. Take the kokam from the water and reserve two of the fruit. Grind the fresh coconut to a paste, along with the garlic, one chilli and two of the kokam fruit (add a little water if the mixture is too thick). When the paste is smooth add 500ml (2 cups) water and mix thoroughly. Squeeze as much coconut milk from the resulting mixture as possible. Then add a further 300ml (1 1/4 cups) water, mix and squeeze the coconut milk out again.

Add the coconut milk to the kokam water in a pan and heat to thicken. Add the finely-chopped chilli and salt to taste. Making sure that the liquid does not boil heat gently for about five minutes then transfer to a bowl and allow to cool. Once cold sprinkle the coriander leaves over the top and refrigerate. Serve cold with rice and fried fish.

Maharashtrian Masala Bhat (Spicy Maharashtrian Rice)

Maharashtrian Masala Bhat (Spicy Maharashtrian Rice) is a traditional Indian recipe for a classic spiced dish of rice and peas.

Ingredients:

For the Rice

300g (2/3 lb) basmati rice, washed in several changes of water
75ml (3/8 cup) vegetable oil
3/4 tsp Black mustard seeds
5 green chillies, slit
1 tsp turmeric powder
10 gherkins, quartered
160g (5 1/2 oz) shelled green peas
10 lightly-toasted cashew nuts
2 tbsp raisins, sliced
1 tbsp grated coconut

For the Spice Mix

1 tsp coriander seeds

1 x 3cm [1 in] length cinnamon stick
1/2 tsp cumin seeds
1/2 tsp black cumin seeds
1 tsp sesame seeds
1 tsp Garam Masala
1 1/2 tsp chilli powder
1 1/2 tsp lemon juice
salt to taste

Method:

Start by dry toasting the whole spices. Cook until browned and aromatic. Transfer to a coffee grinder and grind to a fine powder. Mix with the other spices to form your spice blend.

Soak the rice in water for ten minutes then drain. Add the oil to a large pan and heat. Place the mustard seeds in this and when they begin to splutter add the green chillies and turmeric. Stir to mix into the oil then add the gherkins and green peas. Lower the heat and cook for two minutes then add the drained rice and stir to coat each grain with oil. Fry until there is no more water in the mix.

Add the spice blend and stir to mix well with the rice. Add 700ml (3 cups) water the lemon juice and some salt. Bring the mixture to a boil then reduce the heat and cook, covered, until the water has all been absorbed and the rice is done (about 20 minutes). Transfer the rice to a serving dish, garnish with the cashew nuts, raisins and coconut. Serve immediately.

Liquorice Rice

Liquorice Rice is a modern Indian Fusion recipe for a dish of rice that's flavoured with the spice, liquorice and makes an unusual accompaniment to rich meat dishes.

A simple but rather unusual recipe for liquorice flavoured rice. This goes well with meaty fish and aromatic curries.

Ingredients:

150g (1/3 lb) basmati rice
1 liquorice root
chopped coriander (cilantro) leaves, to garnish

Method:

Wash the rice through several changes of water then add to a pan along with the liquorice. Add just enough water to cover the rice and bring to the boil. Reduce to a simmer, cover, and cook for about 20 minutes until the rice is tender (add more water if needed). Fluff the rice with a fork, transfer to a serving dish or plate, garnish with the coriander and serve.

Tomato Rice

Tomato Rice is a traditional Indian recipe for a classic curried rice stew flavoured with chillies.

Ingredients:

2 medium tomatoes chopped
2–3 tbsp methi (fenugreek) leaves, chopped
240g (2 cups) of rice, uncooked
2 tbsp ghee (clarified butter)
1 onion sliced finely
2 bay leaves, crushed
2 tsp red chilli powder
1/2 tsp turmeric
2 tsp powdered coriander seed
1 tsp ground cumin

Blend to a smooth paste:

1 small onion
2–3 garlic cloves
2.5cm (1 in) piece ginger
2 cloves
1 stick cinnamon
1 cardamom pod
4 green chillies

Method:

Heat oil in a pan and add the bay leaves. When they begin to turn colour add the sliced onions and fry until they become translucent. Now add the onion paste and fry until the mixture browns and loses all of its water (about 20 minutes). Add the chopped tomato and methi leaves and fry for a further 3 minutes. Add the spices and keep frying for a minute. Add the rice and fry for a further 3 minutes then season with salt.

Add 850ml (3 2/5 cups) water, bring to a boil then reduce to a very gentle simmer. Cover and cook for about 30 minutes, until the rice is done (check the liquid level every now and then and top-up with a little water if needed). If the mixture is too wet after 30 minutes, cook, uncovered for a further 20 minutes.

Saffron Rice

Saffron Rice is a traditional Indian recipe for a classic dish of rice flavoured with saffron that's typically served on special occasions.

Ingredients:

175g (7 oz) basmati rice
Crushed Black Peppercorns, to taste
25g (1 oz) Butter
2 Garlic Cloves, finely chopped
1 Small Onion, finely chopped
8 saffron thread, (or to taste)

Sea Salt, to taste
450ml (1 4/5 cups) Vegetable Stock

Method:

Melt butter in medium saucepan, add the onion and garlic, cover and cook gently for about 10 minutes (until soft and translucent). Add the rice and stir for 1–2 minutes.

Meanwhile, heat the vegetable stock in a pan and add the saffron and seasoning. Add the hot stock to the rice mixture, bring to a boil then reduce to a simmer and cook, covered, for 15 minutes.

Remove from heat, adjust the seasoning and leave to stand for 5 minutes before serving as an accompaniment to a stew, African 'soup' or a curry.

Pilau Rice

Pilau Rice is a traditional Indian recipe for a classic dish of rice cooked with spices and garnished with fried onion.

Ingredients:

500g (1 lib) basmati rice
4–5 whole cloves
1 small Cinnamon Stick
1–2 bayleaves
1 tsp cumin seeds
1/2 tsp salt, or to taste
60g (2 oz) Ghee
4–5 pods Green Cardamoms
~1l (4 cups) water
1 medium onion, sliced

Method:

1 Method — Traditional (rice fried)

Melt the ghee in a pan, add cumin, cloves, bayleaf, cinnamon and green cardamom. When the spices crackle add the sliced onion and sauté until the onion is a little coloured. Add the washed and drained rice and fry for two minutes taking care that the rice does not break. Now add the water and salt and cook with a tight lid on top for 20–25 minutes on low heat, undisturbed.

2 Method — Easy (rice boiled)

Fry all the spices in a pot with a little butter and when they crackle add 1l (4l) of hot water. When the water comes to the boil add the washed rice and continue cooking on high heat.

Check when the rice is almost done and then drain through a colander. Once the rice has drained sprinkle fried sliced onion on top and garnish with coriander, etc.

If you want the rice to be a yellow colour then add 1 tsp of turmeric to the water when cooking.

Jewelled Rice

Jewelled Rice is a modern Fusion recipe for a dish of aromatic rice with vegetables that's jewelled with pomegranate seeds and makes an excellent accompaniment to fowl. This is excellent if you're stuck without butter but must be made and cooked immediately.

This is a very flavoursome rice infused with the tastes of the Middle East.

Ingredients:

150g (1/3 lb) basmati rice, pre-soaked in warm, salted, water for about 3 hours
100g (3 1/2 oz) butter
1/2 tsp ground allspice
6 green cardamom pods, cracked in a pestle and mortar
1/2 tsp freshly-ground black pepper
1/2 large red onion, chopped
50g (2 oz) pine nuts
1 small aubergine (eggplant), diced and salted with sea salt
1 courgette (zucchini), seeded then diced and salted with sea salt
1 large carrot, julienned (cut into matchsticks)
1/2 head of cauliflower, cut into small florets
1 handful of dried currants, soaked in warm water for 2 hours and squeezed dry
enough water, chicken or duck stock to cover the rice and vegetables by 0.5cm
1/6 tsp saffron threads, infused in 1 tsp boiling water for 10 minutes
50g (2 oz) shelled pistachios (unsalted)
2 tbsp flat-leaf parsley, chopped
seeds of 1 pomegranate

Method:

Add the butter to a pan and melt over low heat before adding-in the spices. Fry gently until they begin to release their aromas (about 3 minutes) then add the onion and pine nuts. Stir to coat in the spiced butter then cook for about 6 minutes, or until lightly coloured. Drain the aubergine (do not wash) and add to the pan. Cook until almost soft (about 8 minutes) then add the courgette, carrot, cauliflower and currents.

Stir to combine the ingredients then drain the rice and add to the pan along with the pistachios. Add enough stock at this point to cover the ingredients in the pan by 0.5cm (1/4 in) and season with a little salt.

Cut a circle of greaseproof paper and set on top of the liquid then cover the pot with a tight-fitting lid and bring to a boil. Cook on medium heat for 5 minutes then reduce to a low simmer and cook for a further 5 minutes.

Turn off the heat then remove the lid and the paper. Drizzle the saffron water as evenly as you can over the surface. Fluff-up the rice before serving, sprinkle the pomegranate seeds on top and serve.

Spiced Basmati Rice

Spiced Basmati Rice is a traditional Indian recipe for a classic dish of basmati rice cooked with onion and carrots and which is flavoured with spices and served as an accompaniment.

Ingredients:

150g (1/3 lb) basmati rice
1 small onion, finely chopped
3 carrots, diced
1 Malabathrum (Indian Bay Leaves) (or substitute cassia bark)
1 cinnamon stick, crumbled
2 cloves
4 black peppercorns
1/4 tsp whole cumin seeds
1 tbsp vegetable oil
2 tbsp butter
1 tbsp salt

Method:

Wash the rice in a bowl of cool water, squeezing gently between to remove as much starch as possible. Use several changes of water. Drain the rice then place in a bowl along with 500ml (2 cups) water and set aside to soak for 20 minutes more.

Strain the rice and collect the soaking water in a saucepan then set the rice aside to dry. As soon as the rice is dry heat the soaking water over a low flame. Heat the oil in a medium heat-proof casserole over medium-high heat then add the spices and fry until fragrant before stirring-in the butter and onions. Continue cooking for about 8 minutes, or until the onions are soft and a pale golden brown. Now add the carrots and cook for about 4 minutes more. Add the rice and continue cooking, stirring frequently, for 5 minutes.

Add the salt and heated soaking water and bring the mixture to a boil. Reduce to a simmer and continue cooking until the water is level with the top of the rice. Cover the casserole tightly (best if you lay a sheet of foil on top before securing the lid) then transfer to an oven pre-heated to 180ºC (360ºF) and cook for 20 minutes.

Allow to rest for 10 minutes before serving.

Bengali Pilau Rice

Bengali Pilau Rice is a traditional Indian recipe (from the Bengal region) for a classic method of cooking rice with sultanas, peanuts and aromatic spices to be served as an accompaniment.

Ingredients:

400g (1 lb, scant) basmati rice
3 tbsp sultanas
25 whole (unshelled) peanuts
4 Malabathrum (Indian Bay Leaf), (tej patta) (or substitute cassia bark)

4cm (1 1/2 in) length of ginger, grated
20 green cardamom seeds
6 small cinnamon sticks
1/8 tsp turmeric
1 tbsp sugar (or to taste)
1 1/2 tsp salt (or to taste)
1/2 tsp turmeric
120g (4 oz) unsalted butter

Method:

Shell the peanuts then soak in hot water for 30 minutes before removing the skins. Wash the rice at least twice in plenty of cold water then set aside to drain.

Heat a small non-stick pan and use to toast the cardamom seeds and cinnamon until aromatic. Transfer to a spice or coffee grinder and render to a fine paste.

Transfer the rice to a saucepan and add at least twice the depth of water. Start cooking over medium heat then stir 1/8 tsp turmeric into the water. Continue cooking for 20 minutes then take the pan off the heat and drain the rice.

Now melt the butter in a separate pan. Add the peanuts and cook until they begin to brown then add the sultanas and cook until they plump up (about 1 minute) before stirring-in the bayleaves and ginger. Continue cooking until the ginger begins to brown and becomes aromatic then add the ground spices. Fry the mixture, stirring often, for about 1 minute then take the pan off the heat and stir-in the part cooked rice.

Secure a lid on the pan and shake well to mix all the ingredients and to coat the grains in the butter. Season with salt and sugar and stir gently to combine. Serve hot.

Carrot Rice

Carrot Rice is a traditional Indian recipe (from South India) for a classic accompaniment of rice, carrot and peas in a lightly-spiced base.

Ingredients:

1 tsp mustard seeds
1 tbsp urad dhal
1 tbsp cashew nuts
1 onion, chopped
2 green chillies, chopped
salt, to taste
1/2 tsp ground turmeric
1/2 tsp red chilli powder
120g (4 oz) fresh carrot, grated
150g (1/3 lb) basmati rice, cooked
75g (3 oz) garden peas, boiled to cook
4 tsp lemon juice
4 tbsp coriander leaves, shredded, to garnish

oil for frying

Method:

Heat 1 tbsp of the oil in a shallow pan. When the oil is hot, add the mustard seeds. As soon as they begin to splutter, add the urad dhal and the cashew nuts. Fry, stirring constantly, until the cashew nuts are browned then stir in the onion and chillies. Continue frying until the onions are golden brown (about 6 minutes) then scatter over the turmeric and chilli powder. Season with salt to taste and fry for 1 minute then mix in the grated carrots.

Sprinkle over about 4 tbsp water, cover the pan with a tight-fitting lid and cook for about 5 minutes, or until the carrots are tender. Stir in the peas and the rice. Mix well then add the lemon juice. Allow all the ingredients to heat through then turn into a dish.

Garnish with the coriander leaves and serve.

Bombay Vegetables

Bombay Vegetables is a traditional Indian recipe for spiced boiled vegetables, traditionally served as an accompaniment to a main course.

Ingredients:

4 tsp fresh chopped mint
1 tsp honey
6 tbsp natural yoghurt
1 vegetable stock cube in 300ml boiling water
175g (6 oz) young parsnips (in 1cm thick slices)
175g (6 oz) young carrots (in 1cm thick slices)
175g (6 oz) aubergine [eggplant] (in 3cm cubes)
175g (6 oz) broccoli florets
1 small onion, thinly sliced
2 cloves garlic, crushed
1 tbsp vegetable oil
1 tsp paprika
1/2 tsp turmeric
1/2 tsp ground cumin
1/2 tsp ground coriander
1/2 tsp chilli powder
1 tsp sugar
2 medium-sized green bananas

Method:

Whisk the mint and honey into the yoghurt to form an accompaniment. Meanwhile had a wok and add the oil. Add the onion and garlic and heat until soft. Add the spices and sugar then cook for a further minute and a half. At this stage add the vegetables and stir-fry for about a minute.

Pour in the stock, bring to the boil, then reduce the heat, cover and simmer for about five

minutes. Peel the bananas, slice into 0.5cm (1/5 in) thick sections add to the vegetables and cook for a further minute.

Serve with naan bread or boiled rice, accompanied by the minted yoghurt.

Aloo Anardana

Aloo Anardana is a traditional Indian recipe for a classic dish of spiced and fried potatoes that, typically, is served and eaten as a snack.

This makes a very nice kind of fried potato that can be eaten as a snack or as an accompaniment to a main meal.

Ingredients:

750g (1 2/3 lb) (boiling potatoes (King Edwards or Santé are good)
60ml ghee (clarified butter)
3–4 whole red chillies
1/4 tsp turmeric powder
1/2 tbsp ground coriander
3/4 tsp ground cumin
1/2 tsp chilli powder
100g (1 cup) anardana (dried pomegranate seeds, finely powdered)
1 tsp sea salt

Method:

Peel the potatoes and cut into 4cm (1 1/2 in) pieces. Boil the potatoes until tender, remove from the water and allow to cool completely.

Once the potatoes are cold heat the ghee in a wok then add the whole red chillies and fry until they begin to darken. Add the chopped potatoes to the oil and fry until they begin to run crispy. Add the powdered spices at this time and make sure that they cover all the potatoes. Finally add the pomegranate seeds, toss the potatoes to mix with the spice and fry for a further few minutes. Serve immediately.

Kokam Aloo (Kokam Potatoes)

Kokam Aloo (Kokam Potatoes) is a traditional Indian recipe for fried, spiced potatoes flavoured with the fruit, kokam.

This dish is based on a Marathi original, is very easy to make (and very tasty!).

Ingredients:

8–10 small potatoes
4–5 pieces of kokam (mangosteen)
1 tbsp whole coriander seeds
5 garlic cloves, crushed
1/2 tbsp red chilli powder
1/3 tbsp cumin seeds
2–3 tbsp oil

salt to taste

Method:

Begin by dry-frying the coriander and cumin in a pan. When the spices begin to colour and release their aroma transfer to a pestle and mortar or a coffee grinder along with the kokam and render to a fine powder. Mix with the other spices and the garlic in a bowl.

Meanwhile quarter the potatoes and place in boiling, salted, water. Cook until just soft and take out of the water. Drain and set aside. Heat the oil in a frying pan and add the spice blend. Fry for about a minute then add the potatoes. Fry for another five minutes (until the potatoes colour) then serve immediately.

Spicy Okra

Spicy Okra is a traditional Indian recipe for a classic dish of okra cooked in coconut milk and garnished with spices and chillies cooked in oil.

Ingredients:

2 Bird's eye Chillies
1 tsp black cumin seeds
1 tsp Black mustard seeds
300ml (1 1/4 cups) coconut milk
1 garlic clove, crushed
juice of 1 lemon
300g (2/3 lb) Okra, 'topped and tailed'
2 tbsp Vegetable Oil

Method:

Gently heat coconut milk together with the okra in medium saucepan and cook until the okra is tender (about 7–8 minutes).

Meanwhile, heat the oil in small frying pan and brown the chillies, garlic and spices until the seeds crackle. Pour over the okra and add lemon juice.

This dish can be served either hot or cold.

Sattu

Sattu is a traditional Indian recipe for a classic porridge-like accompaniment of lentil flour cooked with onion, mint, herbs, spices and chillies.

Sattoo (Sattu in the original Hindi) is an Indian porridge made from a mix of coarse flours (typically red lentil flour and chickpea amongst others) and originates in the Bihar province of India. Typically it's made cold and is said to have a cooling effect in hot summers. Recipes for this are very variable and can be made into both sweet and savoury versions (as here).

Ingredients:

6 heaped tbsp sattu flour (ground dry-roasted red lentils)
6 tbsp finely-chopped red onion

5 tbsp finely-chopped mint
5 tbsp finely-chopped coriander leaves
1/4 tsp roasted cumin seeds, coarsely ground
2 green chillies, finely minced
salt to taste
enough water to form a dough

Method:

Add all the dry ingredients to a bowl and mix thoroughly. Add a little water to bind the mixture together. The finished sattu should resemble a pliable (not hard) pie dough (pastry). Chill for about 20 minutes in the fridge and serve with and Indian meal. It can also be served as part of a traditional Indian breakfast.

Dal Makhani

Dal Makhani is a traditional Pakistani recipe for a classic vegetarian stew of beans, tomatoes and chillies.

Ingredients:

200g (7 oz) urad dal (black dal)
300g (2/3 lb) red beans (eg adzuki beans)
250g (9 oz) onions, chopped
50g (2 oz) ginger, grated
100g (4 oz) tomatoes, chopped
50g (2 oz) green chillies, finely chopped
100g (1/2 cup) butter/ghee
5 garlic cloves

Method:

Combine the dal and red kidney beans in a bowl then cover with water and set aside to soak over night. The following day, drain the beans then place in a pan with lightly-salted water, bring to a boil then reduce to a simmer and cook until the dal is tender (about 90 minutes). Drain when done and set aside.

Melt the ghee in a pot and when hot add the onions, ginger and chillies. Stir fry for a few minutes then add the tomatoes. Continue frying until the onions begin to brown then add the boiled dal and red beans. Bring the mixture to a simmer and cook for about 6 minutes, or until heated through.

Serve hot with naan breads.

Kale Mellun (Shredded Kale with Coconut)

Kale Mellun (Shredded Kale with Coconut) is a traditional Sri Lankan recipe for a classic accompaniment of shredded kale that's steamed and finished with onion, shredded coconut and powdered saffron.

Ingredients:

1kg kale leaves, washed and finely shredded
1 onion, sliced
2 tbsp grated coconut flesh (fresh or desiccated)
1 pinch of powdered saffron
1/2 tsp salt (or to taste)

Method:

Place the shredded kale in a saucepan and sprinkle over 1 tbsp water before adding the onions and salt. Cook over a low heat until the leaves have noticeably wilted then add the coconut and powdered saffron.

Mix well to combine and serve as an accompaniment.

Palak Tambli (Spinach Tambli)

Palak Tambli (Spinach Tambli) is a traditional Indian recipe for a classic dish of spinach leaves in a buttermilk base flavoured with chillies and spices that's served with rice.

Ingredients:

100g (3 1/2 oz) spinach leaves
2 tbsp coriander leaves
250ml (1 cup) buttermilk
2 tsp cumin seeds (jeera)
pinch of asafoetida (hing)
1/2 tsp freshly-ground black pepper
4 green chillies
2 tsp vegetable oil
salt, to taste

Method:

Bring a pan of water to a boil, add the spinach leaves and blanch for 2 minutes. Drain the spinach then set aside in a colander to cool.

Turn the cooled spinach into a food processor then add the chillies, coriander leaves and black pepper. Process to a smooth purée then turn into a bowl.

Stir in the butter milk and just enough water to form a thick mixture.

In the meantime, heat the vegetable oil in a wok or kadhai. Add the asafoetida and cumin seeds and stir-fry for about 10 seconds, or until aromatic. Turn this mixture into the spinach and yoghurt mix.

Season to taste with salt and mix thoroughly to combine. Serve immediately, accompanied by steamed rice.

Doddapatre Tambli (Cuban Oregano Tambli)

Doddapatre Tambli (Cuban Oregano Tambli) is a traditional Indian recipe for a classic dish of Cuban oregano leaves and coriander in a buttermilk base flavoured with chillies and

spices that's served with rice.

Ingredients:

25 to 30 doddapatre (Cuban oregano) leaves
2 tbsp coriander leaves
250ml (1 cup) buttermilk
2 tsp cumin seeds (jeera)
pinch of asafoetida (hing)
1/2 tsp freshly-ground black pepper
4 green chillies
2 tsp vegetable oil
salt, to taste

Method:

Bring a pan of water to a boil, add the Cuban oregano leaves and blanch for 2 minutes. Drain the Cuban oregano then set aside in a colander to cool.

Turn the cooled Cuban oregano into a food processor then add the chillies, coriander leaves and black pepper. Process to a smooth puree then turn into a bowl.

Stir in the butter milk and just enough water to form a thick mixture.

In the meantime, heat the vegetable oil in a wok or kadhai. Add the asafoetida and cumin seeds and stir-fry for about 10 seconds, or until aromatic. Turn this mixture into the Cuban oregano and yoghurt mix.

Season to taste with salt and mix thoroughly to combine. Serve immediately, accompanied by steamed rice.

Bombay Potatoes

Bombay Potatoes is a traditional Indian recipe for a classic accompaniment or snack of boiled potatoes finished by frying in groundnut oil flavoured with mustard seeds, hot chilli powder and turmeric that are served garnished with coriander leaves.

This is one of my brother's favourites, which he loved even as a child. If you think potatoes can be boring, after trying this you will never think of the humble spud the same way again.

Ingredients:

4 tbsp groundnut oil
1/4 tsp mustard seeds
2 pinches of hot chilli powder
1/4 tsp ground turmeric
350g (12 oz) potatoes, boiled until tender, drained, peeled and quartered
salt to taste
finely-chopped coriander leaves, to garnish

Method:

Heat the oil in a pan over medium heat. Add a few mustard seeds and if they sizzle and pop, then the oil is hot enough. Add the remaining mustard seeds and allow them to pop. Now add the

chilli and turmeric powders. Stir to combine and season to taste.

Fry the spice mixture for about 1 minute, or until aromatic. Now add the potatoes and fry for about 4 minutes, turning the potatoes frequently so that they are coated in the spices and their edges are crispy. Reduce the heat, cover the pan and cook the potatoes for about 5 minutes more, or until thoroughly heated through. Serve immediately.

This dish can be served as is, accompanied by flatbreads and a yoghurt and mint dip. It also makes a spectacular accompaniment to pheasant curry. I also like these with my Christmas turkey.

Plain Boiled Rice: Oven Method

This is a classic Asian method for cooking rice by boiling in plenty of water, before finishing by drying the rice in an oven.

Method.

Ingredients:
300g (2/3 lb) rice
1 tsp salt

Method:

Place the rice in a large bowl and wash in several changes of water (until the water over the rice is clear and no-longer cloudy). Drain in a colander and set aside.

Three-quarters fill a large cooking pot with water and bring to a boil. Add a teaspoon of salt then sprinkle over the rice. Bring to a brisk boil and cook for between 10 and 12 minutes. At this point, take out a few grains of the rice and test them between your finger and thumb (the grains should be soft but still firm). If needed, cook for a few minutes longer.

At this point take the pan off the heat and pour in cold water to stop any further cooking and to help separate the grains. Turn into a sieve or colander and allow to drain. Lightly-butter the base of a warmed baking dish then pour in the rice. Fluff the rice with a fork then transfer to a warm oven (ie an oven that's been pre-heated and then turned off). Allow the rice grains to dry and warm for about 8 minutes then bring directly from the oven and to the table.

Basic Microwave Steamed Rice

Basic Microwave Steamed Rice is a modern fusion recipe for a classic accompaniment of rice that's cooked with water in the microwave so that the rice steams until tender.

Ingredients:
250g (2 cups) long-grain white rice (basmati rice is good)
600ml (2 1/2 cups) boiling water

Method:

Wash the rice thoroughly and drain then pour into a 3l glass or ceramic microwave-safe dish. Pour in the boiling water and stir to combine then cover with a vented microwave-safe lid (or use clingfilm [plastic wrap] with a hole poked in the centre).

Place in your microwave and cook on high power for 5 minutes, or until the liquid is boiling. Reduce the power to 30% and cook for 14 minutes.

Remove the dish from the oven and set aside to stand for 5 minutes (keep the lid on).

Fluff the rice lightly with a fork then serve.

Perfect Steamed Rice

This is a classic Asian method for cooking rice by steaming in water in a process known as the Absorption Method.

Ingredients:

120g (1 cup) long-grained rice (eg Basmati, Patna)
360ml (1 1/2 cups) water

Method:

Place the rice in a deep bowl then fill the bowl with cold water. Stir the rice with your fingers so the water becomes murky with the excess starch. Let the water run off then repeat the process until the water is essentially clear (about 5 repeats of this process).

Fill the bowl with water again and leave the rice to soak for 30 minutes (this lets the grains absorb water, which results in fluffier rice). Carefully drain off the soaking water. Turn the rice into a cast iron casserole (Dutch oven) and add the 360ml water.

Place over medium-high heat and bring to a boil. Cover with a sheet of kitchen foil and then the lid and allow the rice to steam for between 15 and 20 minutes, or until the grains are tender. Do not look at the rice during this time, or you will loose too much liquid.

At the end of the cooking time, take the rice off the heat and set aside to steam for a further 20 minutes (again do not open the lid). At the end of this resting period (this ensures even cooking), take off the lid and fluff the rice. Serve immediately.

Khichidi

This is the vegetarian Indian rice dish that gave rise to the Anglo-Indian fish and rice breakfast of kedgeree.

Ingredients:

500g (1 lb) rice
225g (1/2 lb) lentils
1/2 tsp cumin seeds
60g (2 oz) ghee or butter
1 tsp salt (or to taste)
Method:

Wash the rice and lentils thoroughly (until the water is no longer cloudy). Turn into a large pan and pour over 2l (8 cups) of water then add the salt.

Bring to a boil and cook for about 12 to 15 minutes, or until the lentils are tender and the mixture is almost dry. Turn into a warmed serving dish.

Melt the ghee or butter in a pan, add the cumin seeds and fry until the seeds begin to splutter. Take off the heat, pour over the rice and lentil mixture then serve immediately.

Mutter Pilau (Rice and Peas)

This is the vegetarian Indian accompaniment of rice and peas, versions of which are found throughout the world. This version is lightly spiced.

Ingredients:

225g (1/2 lb) rice
500g (1 lb) fresh or frozen garden peas
120g (1/4 lb) ghee or butter
2 onions, thinly sliced lengthways
4 whole cloves
1 tsp salt
4 whole black peppercorns
4 whole cardamoms
4 cinnamon sticks (each one about 3cm long)

Method:

Melt the butter in a pan, add the onions and fry for about 5 minutes, or until golden brown. Add the salt and spices and continue to fry for about 2 minutes more.

Wash the rice thoroughly then stir into the onions, ensuring that each grain is coated in the fat. Now add the peas and fry the mixture for 10 minutes, stirring frequently. Pour in 1.2l (5 cups) boiling water and bring to a simmer.

Cover and cook over very low heat until the rice is soft (about 25 minutes). By the end of the cooking time, the rice should be almost dry and each grain should be separate.

Serve immediately.

As variants, you can use small pieces of diced potatoes or cauliflower that have been fried to cook, or fine beans or asparagus cut into pea-sized pieces.

Parsi-style Brown Rice (Badami Rung Rice)

Badami Rung Rice (Parsi-style Brown Rice) is a vegetarian Indian accompaniment (derived from Persian Zoroastrian migrants to North India) of onion and browned rice fried in ghee that is finished by cooking in water.

Ingredients:

500g (1 lb) brown basmati rice
1 onion, finely chopped
90g (3 oz) ghee or butter
1 tsp salt (or to taste)

Method:

Melt the butter in a heavy-based pan, add the onion and fry for about 6 minutes, or until

nicely browned. Add the rice and fry for a further 10 minutes.

In the meantime, bring 1l (4 cups) of water to a boil in another pan. Pour the rice, onion and ghee mixture into the boiling water and season with salt. Bring back to a boil, reduce to a simmer and continue cooking, covered, over very low heat for about 25 minutes more, or until the rice is done and all the liquid has been absorbed.

Serve hot. Traditionally, brown rice cooked in this fashion is served with Dhan Sag.

Rice Koftas

Rice Koftas is a vegetarian Indian accompaniment (from North India) of spiced rice and milk balls bound with cheese that are breaded and fired to finish.

Ingredients:

120g (1/4 lb) Patna rice
600ml (2 1/2 cups) milk
60g (2 oz) butter
3/4 tsp chilli powder
2 onions, minced
4 tbsp tomato purée
breadcrumbs
oil for frying
2 eggs
4 garlic cloves, minced
1 tbsp coriander, finely chopped
150g (5 oz) grated cheese
1/2 tsp ground cumin seeds
1/2 tsp ground turmeric
salt, to taste

Method:

Wash the rice then combine with the milk in a pan. Bring to a simmer, cover with a tight-fitting lid and continue cooking for about 40 minutes, or until the rice is tender and all the liquid has evaporated away.

If the rice is not tender by this time, add a little more milk and continue cooking.

When the rice is tender, take off the heat and fluff the grains with a fork then work in the butter, salt, chilli powder, cumin and turmeric. Add the coriander finely and mix into the rice along with the onion, garlic, grated cheese and tomato paste. Stir well to combine.

Shape the mixture into balls. Beat the eggs in a bowl, roll the rice kofta balls in this, then roll in the breadcrumbs to coat.

Heat oil in a pan, add the breaded rice koftas and fry until golden brown on the outside and cooked through. Serve for two as a main course. Alternatively, accompanied with grilled or barbecued fish as a main meal for four.

Kappa Puzhukku (Boiled Yam, Kerala Style)

Kappa Puzhukku (Boiled Yam) is a vegetarian Indian accompaniment (from Kerala) for a dish of boiled yams mashed with coconut milk and spices that are finished by frying in coconut oil with curry leaves.

Ingredients:

1kg (2lb, 3 oz) yams, peeled and washed
70g (2 1/2 oz) freshly-grated coconut
5 green chillies
5 slivers of garlic
5 shallots
1/2 tsp ground turmeric
1/2 tsp cumin seeds
3 sprigs of curry leaves
3 tbsp coconut oil
salt, to taste

Method:

Cut the prepared yam into small cubes and place in a pan. Add water so that the level is 6cm above the yam then bring to a boil and add a little salt. Reduce to a simmer and cook over medium-low heat for about 30 minutes, or until the yam is soft.

In the meantime, combine all the remaining ingredients (except the curry leaves and oil) in a food processor and grind to a smooth paste (add a little water if needed).

Once the yams are almost soft stir in the spice paste, along with the coconut oil and the curry leaves. Mash the mixture and stir well. Continue heating, stirring frequently until heated through. Turn into a dish and serve.

Typically this is served with fish curries, such as Meen Vevichathu.

Pressed Rice (Poha)

Pressed Rice (Poha) is a vegetarian Indian accompaniment (from Kerala) for a dish of pressed rice cooked in mustard oil and finished by boiling with potatoes.

Ingredients:

280g (10 oz) poha (pressed rice)
2 medium potatoes, peeled and julienned
80ml (1/3 cup) water
2 green chillies, chopped
2 tsp vegetable oil
1/2 tsp ground turmeric (or 1 tsp sambhar masala)
1/2 tsp ground coriander seeds
1/2 tsp mustard seeds
1 tsp lime juice
salt, to taste

Method:

Heat the oil in a pan over low heat then add the mustard seeds. As soon as the mustard begins to pop, add the potato matchsticks. Increase the heat to medium and carefully stir-fry for 3 minutes.

Scatter over the turmeric and salt then stir gently to combine. At this point, add the pressed rice and the ground coriander seeds. Pour over the water and stir gently once more. Cover the pan with a tight-fitting lid and simmer for 4 minutes over low heat.

Check to see if the potatoes are tender. If they are done, take off the heat and continue cooking until all the water has evaporated away. Drizzle the lime juice over the poha, turn into a warmed dish and serve.

Kuzhal Puttu (Kerala Puttu)

This is a classic Keralan accompaniment that is typically served for breakfast. Traditionally it is steamed in a cylindrical former (known as a 'puttu maker'). If you do not have one of these you can cook in an egg poacher instead.

Ingredients:

275g (10 oz) rice
75g (3 oz) freshly-grated coconut
salt, to taste

Method:

Wash the rice, place in a bowl, cover with plenty of water and set aside to soak for 3 hours. After this time, drain the rice then spread out on a cloth and leave aside to dry.

Transfer the rice to a spice or coffee grinder and grind to a fine powder. Turn the flour into a bowl then season with a little salt and work in just enough water so that the rice comes together as a firm dough (this should be solid enough to hold together when lightly handled). Take your puttu maker or your poached egg steamer wells. Put a little grated coconut in the base then pack in the rice dough on top. Repeat this layering process until the puttu maker is full or you have filled the wells of the poached egg steamer. Finish with grated coconut.

Steam the mixture for about 35 minutes, or until cooked through. Remove from the steamer. If you cooked in poached egg wells, serve immediately. If you cooked in a puttu maker, slice the steamed mixture into rounds and then serve.

Soft Idly

Soft Idly is a classic Indian dish (from Kerala) for a rice and dhal batter that's ground to a paste, allowed to rise over night before being steamed as cakes. It is typically served as a breakfast accompaniment, but can also be served to accompany curries.

Ingredients:

275g (10 oz) idly rice (ponni rice is best)
150g (1/3 lb) urad dhal
75g (3 oz) cooked rice
1/4 tsp fenugreek seeds

salt, to taste

Method:

Wash the idly rice, place in a bowl with the fenugreek seeds, cover with water and set aside to soak for 6 hours. Wash the urad dhal, place in a separate bowl, cover with water and set aside to soak for 3 1/2 hours.

Drain the urad dhal, place in a blender with a little water and process until smooth and frothy. Turn into a bowl and set aside.

Drain the rice and fenugreek seed mix. Combine in a blender with the cooked rice and a little water and process until smooth. Mix with the ground urad dhal and season with water. Cover the bowl with a cloth and set aside in a warm place to ferment over night.

Spoon into an idly steamer (or into the wells of an egg poacher) and steam over a pan of briskly-boiling water for 10 minutes, or until cooked through.

Serve hot.

Upma (Semolina Porridge)

Upma (Semolina Porridge) is a classic Indian dish (from Kerala) for a breakfast porridge of a lightly-curried semolina, onion and chilli blend boiled in water until thick that can be served on its own, or as an accompaniment.

Ingredients:

275g (10 oz) fine semolina (rava)
1/2 medium onion, very finely chopped
3 green chillies, very finely chopped
1cm (2/5 in) piece of ginger, crushed to a paste
2 tsp curry leaves
1/2 tsp mustard seeds
2 tsp ghee
4 tbsp coriander leaves
salt, to taste

Method:

Heat a dry non-stick pan over medium heat. Add the semolina flour and fry, stirring frequently until golden brown.

Turn the semolina onto a plate then add the ghee to the pan and use to fry the mustard seeds until they pop. At this point, add the onion, chillies, ginger and curry leaves and fry for 2 minutes. At this point pour in 1.5l (6 cups) water and bring to a boil.

Stir in the semolina flour until smooth then continue cooking until the porridge is soft and thick. Season to taste with salt, turn into a serving bowl, garnish with the coriander leaves and serve.

Chaas

Chaas is a traditional Indian recipe for a classic yoghurt-based sauce that is typically

served as an accompaniment, particularly with Khichiri.

Ingredients:

500ml (2 cups) natural yoghurt
120ml (1/2 cup) water
1/2 tbsp ghee or butter
1/4 tsp salt
1/2 tsp ground cumin seeds
1/2 tsp dried red chillies, crushed

Method:

In a bowl, whisk together the yoghurt, water and salt until smooth.

Melt the ghee in a small pan then add the ground cumin seeds and the crushed chillies. Stir-fry for 20 seconds then pour into the yoghurt mixture. Stir to combine then turn into a warmed bowl and serve to accompany Khichiri.

Masala Raita

Masala Raita is a traditional Indian recipe for a classic yoghurt-based dip that's served with chilli-based dishes and has a cooling effect on the palate.

Classic raitas are Indian (and also South Asian) condiments/dips that are based around yoghurt and which are flavoured with a mix of herbs and spices. Often chillies, cucumbers and onions are mixed in. They typically have a cooling effect on the palate in that the fats in the yoghurt help clear the chilli compound (capsaicin) that induces the heat sensation of chillies from the palate.

Ingredients:

240ml (1 cup) set Greek-style yoghurt
1 green chilli
1 sprig curry leaves (leaves only)
3 fresh mint leaves
1 small piece of ginger, peeled
1 pinch ground fenugreek seeds
2 large dried red chillies
1/4 tsp brown mustard seeds
1 tbsp coconut oil
120ml (1/2 cup) water
sea salt, to taste

Method:

Combine the green chilli, curry leaves, mint leaves and ginger with a little sea salt in a pestle and mortar and mash to a fine paste. Transfer to a cheese cloth or clean cloth then squeeze to extract as much of the juice as possible.

Mix the juice with the yoghurt and transfer to a bowl.

Meanwhile, heat the oil in a pan, add the mustard seeds and cook until they begin to splutter

before adding the red chillies and the ground fenugreek. Cook for 1 minute then our over the yoghurt in the bowl. Typically this raita is served with pilau rice.

Onion Bean Dip

Onion Bean Dip is a traditional Indian recipe for a classic dip or base made from a puree of beans, onion, garlic, olive oil and lemon juice.

Ingredients:

450g (1 lb) cooked or tinned kidney beans or cannellini beans or black beans
1 onion, finely chopped
2 garlic cloves, minced
salt and cayenne pepper, to taste
60ml (1/4 cup) olive oil
lemon juice, to taste
finely-chopped coriander (cilantro), to taste

Method:

Heat the oil in a pan, add the onion and garlic and fry for about 4 minutes, or until just soft. Drain the beans then add to the pan and season with salt and cayenne pepper. Allow the mixture to heat through then take off the heat and transfer to a food processor.

Add lemon juice and water to adjust the taste and consistency then process until smooth. Turn into a bowl and garnish with chopped coriander leaves. Serve with tortilla chips or use as a spread or as the base for other dishes.

Yoghurt with Garlic

Yoghurt with Garlic is a traditional Indian recipe for a classic sauce or accompaniment of yoghurt mixed with garlic, black pepper and olive oil.

This dish comes from northern India, but counterparts can be also be found throughout the Middle East and the Levant and it shows the strong Arabic influence in the Mughal courts of northern India.

Ingredients:

240ml (1 cup) plain yoghurt
1/4 tsp salt, or to taste
1 garlic clove, mashed to a pulp in a mortar with a little salt
1/16 tsp freshly-ground black pepper
2 tsp fruity extra-virgin olive oil

Method:

Turn the yoghurt into a bowl and beat with a fork until smooth and creamy. Add the remaining ingredients then beat to combine thoroughly. Cover with clingfilm and chill in the refrigerator until needed (at least 60 minutes).

Onion Kochumber

Brinjal Kochumber is a traditional Indian recipe for a classic salad of onion, chilli and tomato typically served as an accompaniment to a biriani.

Ingredients:

1 large onion, finely-sliced lengthways
1 green chilli, finely chopped
1 large tomato, finely chopped
squeeze of lemon juice
1/2 tsp salt

Method:

Place the sliced onion in a bowl, cover with water and set aside to soak for 30 minutes. Strain the onion into a colander and allow to drain then mix in a bowl with the tomato, chilli and salt. Add a squeeze of lemon juice and toss to combine.

Serve as an accompaniment to a biriani.

Desserts.

Mani (Rice Sweet Dish)

Mani (Rice Sweet Dish) is a traditional Indian recipe for a classic dessert of rice cooked in coconut milk that's flavoured with jaggery, plums, nuts and cardamom powder.

Ingredients:

1kg (2lb 3 oz) rice (uncooked)
450g (1 lb) jaggery (or palm sugar)
2 coconuts
5 tbsp ghee
1 1/2 tsp cardamom powder
120g (4 oz) plums
125g (5 oz) almonds or cashews
salt to taste

Method:

Extract some 2.5l (10 cups) of coconut milk as follows: Grind the fresh coconut to a paste and when the paste is smooth add 1l water (and the juice of 1 coconut) and mix thoroughly. Squeeze as much coconut milk from the resulting mixture as possible. Then add a further 1.5l (6 cups) water, mix and squeeze the coconut milk out again.

Blanch and slice the almonds or cashew nuts then clean the plums. Finely-grind the rice and mix together with 750ml (3 cups) of the coconut milk. Add the remaining coconut milk, powdered jaggery (or palm sugar) and salt (to taste). Mix well.

Add a little ghee to a pot and pour-in the batter made above. Stir and when the batter begins to thicken add more ghee. Stirring all the time now, bring the batter to a boil and continue boiling until the batter begins to become sticky (about 45 minutes). Add the plums at this point along with the almonds/cashews and cardamom powder. Continue stirring as you perform the additions then take the pot off the heat.

Pour into plates or trays that have been coated in ghee then apply some ghee on top, level the surface with a flat knife and allow to cool completely. Finish by cutting into diamond-shaped pieces. Place in the fridge for at least two hours to cool then serve.

Arrowroot Halwa

Arrowroot Halwa is a traditional Indian recipe for a classic confection of sugar, nuts, raisins and coconut chips bound with arrowroot.

Ingredients:

100g (3 1/2 oz) Arrowroot (Koova) powder
500g (1 lb) Jaggery (Sharkkara) [unrefined sugar]
150g (1/3 lb) chopped nuts
200g (2 cups) raisins
coconut chips from half a coconut
2 tbsp ghee
1l water

Method:

Mix the arrowroot with the water to form a very watery paste then add the jaggery cubes. Fry the coconut shards, nuts and raisins in 1 tbsp of the ghee in a pan then add the arrowroot mixture. Cook on medium flame until the mixture thickens, stirring all the while.

When the halwa turns translucent and begins coming away from the sides of the pan transfer to a flat dish that's been greased with the remaining ghee. Allow to cool completely then cut into the shapes of your choice and serve.

Sweet Sattu

Sweet Sattu is a traditional Indian recipe for a classic dessert of mixed cornmeal, barley flour and millet flour cooked in milk with honey that is served flavoured with cardamom and topped with raisins and chopped nuts.

Sattoo (Sattu in the original Hindi) is an Indian porridge made from a mix of coarse flours (typically red lentil flour and chickpea amongst others) and originates in the Bihar province of

India. Typically it's made cold and is said to have a cooling effect in hot summers. Recipes for this are very variable and can be made into both sweet (as here) and savoury versions.

Ingredients:

6 heaped tbsp chana sattu (dry-roasted Bengali chickpeas, ground)
2 tbsp honey or sugar
2 tsp ground green cardamom
handful of chopped nuts (cashews, almonds, pistachios etc)
6 tbsp raisins
enough warm milk to make a custard

Method:

Place all the dry ingredients in a bowl and add enough milk so that the mixture comes together to the consistency of a thick custard. Stir with a fork until no lumps remain then chill in the fridge before serving.

Khubani ka Meetha (Apricot Mousse)

Khubani ka Meetha (Apricot Mousse) is a traditional Indian recipe for a classic dessert of apricot puree that's fried with sugar until thick and which is chilled before serving with cream or ice cream.

This is a classic dessert from the district of Hyderabad, Andhra Pradesh, Southern India. Hyderabad is known for it's rich cuisine and this is part of that culture.

Ingredients:

500g (1 lb) dried apricots
10 blanched almonds
110g (1/4 lb) sugar
250ml (1 cup) double cream

Method:

Wash the apricots and allow to soak in hot water over night (if using hard, completely dried apricots). If using semi-dried apricots soak in hot water for only 30 minutes.

Remove the stones if present then add the fruit and just a little of the soaking water to a blender. Purée until smooth then pass through a sieve, retaining the liquid.

Add he purée to a hot wok and cook until the mixture begins to thicken and come off the sides of the pan. Add the sugar, stir to combine, and cook for 1 minute more.

Transfer to a bowl, allow to cool then chill in the fridge for at least 1 hour. This dish can be served with whipped cream or a vanilla iced cream that's been slightly softened before use. Add the apricot puree to a bowl and pour the cream or spoon the ice cream on top, decorate with a few mint leaves and serve.

Kulfi

Kulfi is a traditional Indian frozen dessert that's sometimes called 'Indian Ice cream'. It's a

rich mix of cardamom, nuts milk and cream.

Kulfi is a traditional Indian frozen milk-based dessert that's sometimes known as 'Indian Ice cream'. Many versions and variants of the basic recipe exist, but this is one of the best and most flavoursome that I have personally tasted.

Ingredients:

2.25l (9 cups) whole milk
12 green cardamom pods
10 tbsp granulated sugar
3 tbsp slivered almonds
275ml (1 cup + 2 tbsp) single cream
2 tbsp finely-chopped unsalted pistachios

Method:

Add the milk to a heavy pan and bring to a boil. Reduce to a vigorous simmer and allow the milk to reduce to 1/3 its original volume. Stir frequently and make certain that you scrape any dried residue back into the pot and stir any skin that forms back into the milk. While the milk is simmering remove the seeds from the cardamom pods, grind to a very fine powder and stir into the milk.

As soon as the milk has reduced sufficiently add the sugar and almonds and stir to combine. Simmer for about 3 more minutes, ensuring that the sugar dissolves completely. Take the milk off the heat and allow to cool slightly before stirring-in the cream and half the pistachios.

Pour the mixture into a square tin or freezer-proof plastic dish so that the liquid is about 5–7cm (2–3 in) deep. Allow to cool completely then cover and place in a freezer for about 30 minutes. Sprinkle the remaining pistachios over the top then return the kulfi to the freezer until set hard.

Remove the kulfi 15 minutes before serving then cut into 1cm cubes and serve in chilled bowls.

Suji Ka Halva (Semolina Halva)

Suji Ka Halva (Semolina Halva) is a traditional Pakistani recipe for a classic semolina-based halva served as a snack or a dessert.

Ingredients:

2 tbsp semolina (Suji)
2 tbsp oil
4 tbsp sugar
120ml (1/2 cup) water
3 green cardamom pods (seeds only)
yellow food colouring (optional)
cornflour (cornstarch)

Method:

Combine the semolina, oil and cardamom seeds in a pan and fry gently on low heat until the

semolina is lightly golden. Meanwhile, combine the sugar and water to form a syrup. Add the syrup to the semolina mixture and cook on low heat until the mixture has thickened. If desired, add a drop of yellow food colouring.

Pour the halva into a greased tin and set aside to cool. Cut into squares, dust with cornflour and serve.

Leechi ki Barafchuski (Lychee Ice Lolly)

Leechi ki Barafchuski (Lychee Ice Lolly) is a traditional Indian recipe for a classic ice lolly made from a frozen blend of lychee pulp, sugar and water.

Ingredients:

240g (8 1/2 oz) lychee flesh (fresh or tinned)
5 tbsp sugar (or 3 tbsp of the lychee syrup, if using tinned)
600ml (2 1/2 cups) water
1 tsp kewra water (available in Asian stores)

Method:

Press the lychee flesh through a fine-meshed sieve with the back of a spoon to purée. Add the remaining ingredients and mix thoroughly. Pour into lolly moulds, add sticks to hold then transfer to the freezer and chill until set (at least 3 hours).

Barfi Badam (Almond Cream Sweetmeats)

Barfi Badam (Almond Cream Sweetmeats) is a traditional Indian recipe for a classic sweetmeat made from a blend of milk boiled until thick, sugar, ground almonds, cardamom, pistachio nuts and blanched almonds that is set on a dish, cut into diamonds, decorated with silver or gold leaf served as sweet snacks.

This is a classic Indian sweetmeat that is often served at holy festivals and can often be expensively decorated with edible gold or silver leaf.

Ingredients:

1l (4 cups) milk
150g (1/3 lb) sugar
125g (5 oz) ground almonds
pinch of ground cardamom
2 tbsp blanched pistachio nuts
blanched almonds, slivered
edible silver leaf or gold leaf (optional)

Method:

Place the milk in a large, heavy-based saucepan. Bring to a boil over fairly high heat and continue cooking, stirring constantly until significantly reduced and very thick in texture.

Stir in the sugar and continue cooking for 10 minutes over low heat. At this point stir in the nuts then continue cooking, stirring constantly, until the mixture thickens and begins to come

away from the base and sides of the pan, coming together into a single mass.

Take off the heat at this point then sprinkle the cardamom over the top then mix thoroughly to combine. Turn out onto a greased plate then smooth the top with the back of a buttered spoon.

Allow to cool slightly then mark a diamond shape in the surface. Decorate with slivered almonds, pistachio nut halves and, if desired, silver or gold leaf.

Just before the barfi badam is completely firm use a sharp knife to cut along the diamond markings. Set aside to cool completely then separate into pieces. Store in an air-tight tin.

Khajoor ke Laddu (Date and Fruit Sweetmeat Balls)

Khajoor ke Laddu (Date and Fruit Sweetmeat Balls) is a traditional Pakistani recipe for a classic sweetmeat made from a blend of fruit and nuts toasted in ghee (clarified butter) that are blended with dates, cooked to a paste, then cooled, shaped into balls, rolled in desiccated coconut and served as a sweet snack.

This is a classic Pakistani sweetmeat that is typically served as a sweet treat or at the end of the meal with tea.

Ingredients:

150g (1/3 lb) pitted dates, chopped
80g (2 1/2 oz) mixed, chopped, cashew nuts, almonds, dried figs and raisins
1 tbsp ghee
3 tbsp desiccated coconut

Method:

Add the ghee to a karahi or wok and use to toast the nut and dried fruit mix for about 2 minutes, or until the nuts are lightly browned. Take off the heat, turn into a bowl and set aside.

Now add the dishes to the wok and keep stirring over medium heat until the dates begin to break down and melt. Now stir in the fruit and nut mix and stir to combine.

Take of the heat and set aside. Whilst the mixture is still warm, take spoonfuls and shape these into laddus (slightly flattened balls). Roll in the desiccated coconut and set aside on a plate to cool completely.

Khoya (Condensed Milk Solids)

Khoya (Condensed Milk Solids) is a traditional Indian recipe for a classic method of boiling milk until it solidifies for use as a base for sweet snacks and sweetmeats.

Also known as *mawa* this highly-condensed milk forms the basis of numerous Indian and Pakistani sweets and desserts. It is quite versatile, can be made well in advance, and can be stored in the refrigerator or freezer.

Ingredients:

2l (4 cups) whole milk

Method:

Pour the milk into a heavy-based pan then bring to a boil. Reduce the meat to medium and

continue simmering, stirring constantly, until the milk has thickened until almost solid (you must stir constantly, to prevent the milk from 'catching' or burning on the base of the pan).

When thick enough, take the pan off the heat and set aside to cool (it will thicken even more as it cools).

If you are not going to use it immediately, then, when it is cold, cut into two portions, wrap in clingfilm, place in plastic bags and freeze.

Khajoor Pak (Date and Milk Sweetmeats)

Khajoor Pak (Date and Milk Sweetmeats) is a traditional Pakistani recipe for a classic sweetmeat made from a blend of date, milk boiled until solid (mawa), sugar and milk that's cooled on a plate, cut into squares and served as a sweet snack.

This is a classic Pakistani sweetmeat that is typically served as a sweet treat or at the end of the meal with tea.

Ingredients:

500g (1 lb, 2 oz) dates (khajoor)
500g (1 lb, 2 oz) fresh mawa (also known as Khoya)
450g (1 lb) sugar
250ml (1 cup) milk
blanched almonds and raw cashew nuts, to decorate

Method:

Pit the dates then combine in a wok (or kadhai) with the milk. Heat, stirring constantly, until all the dates break down and melt.

Add the sugar, allow to dissolve then continue cooking, stirring constantly, until the mixture is thick.

Grate the mawa and stir this into the date mixture. Continue cooking and stirring over low heat until the mixture is thick enough to set as it cools (think thick toffee).

Grease a large plate or baking tray and pour in the date mixture. Spread evenly then top with the almonds and cashew nuts. Set aside to cool and harden then cut into squares and serve or store in an air-tight container.

Bedam ki Burfi (Almond Toffee)

Bedam ki Burfi (Almond Toffee) is a traditional Indian recipe for a classic toffee made from a blend of ground almonds, ghee and khoya sweetened with sugar syrup that's typically served as a dessert.

Ingredients:

550g (1 lb, 3 1/2 oz) ground almonds
75g (3 oz) ghee
240g (8 oz) khoya (see above)
simple sugar syrup, to taste (boil 200g [1 cup] sugar with 200ml [4/5 cup] water to make this)

2 tbsp green cardamom powder
gold leaf (optional)

Method:

Blend the ground almonds with water to form a thick paste. Heat 60g ghee in a pan, add the almond paste and fry until golden.

Stir in the khoya at this point, stir in the remaining ghee then add sugar syrup to taste. Turn the resultant mixture into a well-greased plate and scatter the cardamom powder over the top. Set aside to cool.

Once cold and set, cut the burfi into your desired shapes, decorate with gold leaf (if desired) and serve.

Kesar Badam Kulfi (Almond and Saffron Ice Cream)

Kesar Badam Kulfi (Almond and Saffron Ice Cream) is a traditional Indian recipe for a classic blend of almond milk made with milk and coconut milk thickened with cream and cornflour (cornstarch) that's sweetened with sugar and coloured with saffron and which is frozen before serving.

Ingredients:

100g (3 1/2 oz) blanched almonds
10 strands of saffron
1.5l (6 cups) whole milk
200ml (4/5 cup) condensed milk
300ml (1 1/4 cup) single cream
1/2 tsp cornflour
8 tbsp granulated sugar

Method:

Place the almonds in a bowl, cover with water and set aside to soak over night. The following day, drain the almonds then grind to a paste in a coffee grinder or a food processor.

Crumble the saffron into the milk, whisk to combine and set aside to infuse for 20 minutes. After this time, pour the milk and saffron mix into a saucepan and stir in the condensed milk. Bring to a simmer and cook over low heat until the mixture thickens and the volume reduces by half then take off the heat.

Combine the sugar and cornflour in a cup. Add 4 tbsp of the hot milk mixture and beat until smooth. Whisk this back into the condensed milk mixture then place back on the heat. Now add the ground almond paste and bring back to a simmer.

Continue cooking gently ,stirring constantly, until the mixture thickens then take off the heat and set aside to cool.

Once cold, either churn in an ice cream mixer or set in a freezer-proof dish, beating with a fork every 30 minutes until set.

Serve garnished with almonds and a few saffron threads.

Kesari Phirini

Kesari Phirini is a traditional Indian recipe (from the Punjab) for a classic rice pudding made of ground rice flavoured with saffron, cardamom and rose water that's served chilled..

Ingredients:

50g (2 oz) basmati rice, washed and soaked in a bowl of water for at least 4 hours
1l (4 cups) milk
pinch of saffron threads
200g (1 cup) caster sugar
a few drops of rose water
1/2 tsp ground green cardamom
10 pistachio nuts, chopped

Method:

Pour the milk into a wide pan, bring to a boil then reduce to a simmer and cook until it reduces slightly and thickens.

Drain the soaked rice, place in a grinder or blender and process to a coarse paste. Add a little of the milk to thin it, if needed.

Stir the rice paste into the milk and continue cooking, stirring continuously. Add the saffron and stir to combine. Continue cooking, stirring constantly, until the mixture thickens.

Sprinkle over the rose water and ground cardamom and stir to combine. Take off the heat, turn into a serving dish and garnish with the chopped pistachio nuts.

Allow to cool to room temperature, cover with clingfilm, chill in the refrigerator for at least 3 hours and serve.

Basundi

Basundi is a traditional Indian recipe (from Gujarati) for a classic dessert of boiled milk and sugar syrup flavoured with cardamom that's served topped with dried fruit.

Ingredients:

1l (4 cups) milk
100g (1/2 cup) sugar
1/2 tsp cardamom powder
75g (3 oz) mixed, chopped, dry fruit

Method:

Pour the milk into a pan, bring to a boil, reduce to a simmer and cook until the volume has reduced to half.

Now stir in the sugar and stir to combine. Continue cooking, stirring frequently, until the milk syrup thickens appreciably. At this point stir in the ground cardamom and take off the heat.

Allow to cool to room temperature, turn into a dish, garnish with the dried fruit and serve.

Kele Ka Raita (Banana Raita)

Kele Ka Raita (Banana Raita) is a traditional Indian recipe (from Gujarati) for a classic dessert of fried bananas that are served topped with yoghurt and toasted, grated, coconut.

Ingredients:

3 ripe bananas, peeled and chopped
250ml (1 cup) natural or vanilla yoghurt
1 lemon wedge
60g (1/4 cup) freshly-grated coconut

Method:

Heat a little oil in a pan, add the banana and stir-fry until heated through. Squeeze over a little lemon juice and toss to combine (this will prevent the banana from browning).

Toast the coconut in a dry pan until lightly browned.

Turn onto a serving dish and smear over the vanilla yoghurt. Garnish with the toasted coconut and serve.

Gajar Ka Halwa (Carrot Halwa)

Gajar Ka Halwa (Carrot Halwa) is a traditional Indian recipe for a dessert of carrots bound with milk and sugar and topped with nuts.

Ingredients:

1kg (2 lb, 3 oz) carrots, grated
1l (4 cups) milk
1 tsp green cardamom seeds, crushed
180ml (3/4 cup) water
3 tbsp ghee
2 tbsp raisins
2 tbsp blanched almonds, shredded
2 tbsp pistachio nuts
450g (1 lb) sugar

Method:

Soak the raisins in the water and set aside to plump for 30 minutes. Meanwhile, set a pan of water to boil and when bubbling add the carrots. Cook for about 6 minutes, or until tender then drain. Return the carrots to the pot and add the milk. Bring to a lo simmer and cook on a low flame for about 1 hour, stirring occasionally.

At the end of this time add the sugar and continue cooking until all the sugar has dissolved. Now add the ghee and cardamom seeds. Drain the raisins and add these to the mixture as well. Stir well then remove the gajar halwa from the heat and turn into a serving dish. Garnish with the nuts and serve.

This dish can be served either hot, chilled or at room temperature as a dessert.

Faluda

Faluda is a traditional Pakistani recipe for a classic layered dessert of spaghetti, ice cream, milk, rose syrup, jelly and fruit served in a glass.

Ingredients:

150g (1/3 lb) spaghetti, pre-cooked
3 scoops vanilla or pistachio ice cream
120ml (1/2 cup) cold milk
rose syrup or Rooh Afza
crushed ice
a little lime jelly (jello)
assorted chopped fruit (pineapple, apples, peaches, bananas, mangoes etc)

Method:

Take 4 tall glasses and layer the ingredients in the order given. Serve chilled.

Gulab Jamun

Gulab Jamun is a traditional Pakistani recipe for a classic dessert of deep-fried semolina and flour balls served in a flavoured syrup

Ingredients:

280g (2 cups) milk powder
1 egg
1 tsp oil
1 tbsp plain flour
1/2 tbsp semolina
2 tsp baking powder
oil for deep frying
For the Syrup:
480ml (2 cups) water
400g (8/9 lb) sugar
5 green cardamom seeds
a few drops of kewra extract (this is a flavoured extract from the pandanus flower — substitute rose water if not available)

Method:

Combine the water and sugar in a pan and heat until the sugar dissolves. Add the cardamom seeds and bring the mixture to a boil then take off the heat and set aside. When cooled add the kewra extract and mix to combine.

Meanwhile, mix all the remaining ingredients in a bowl and bring together as a firm dough. Shape the dough into small balls (you should get about 35) then deep fry in oil until browned, add to the syrup and serve.

Zarda

Zarda is a traditional Pakistani recipe for a classic dessert of rice with nuts and condensed milk.

Ingredients:

1kg (2 lb, 3 oz) rice, soaked in plenty of water for at least 1 hour
900g (2 lb) sugar
1/4 tsp yellow food colouring
3 tbsp oil
200g (2 cups) mixed fruit and nuts (raisins, pistachios, almonds, chopped dates)
10 cloves
10 green cardamom seeds
cream or ricotta cheese
1/2 tsp kewra essence (or rose water)
225g (1/2 lb) Khoya (or unsweetened condensed milk)

Method:

Fill a large pan half full of water then add the food colouring, half the cloves and half the cardamom seeds. Bring to a boil and cook until the rice is almost done (about 25 minutes). Drain and set aside in a colander over the sink.

Add the oil to a large pan and use to fry the remaining cloves and cardamom seeds over low heat. Add the rice and sugar. Mix well to combine then cover and cook for about 5 minutes on low heat. Add the khoya and dried fruit, stir to combine then allow heat through.

Take off the heat, add the kewra essence and serve.

Firni (Ground Rice Blancmange)

Firni (Ground Rice Blancmange) is a traditional Indian recipe for a classic dessert of milk set with ground rice that's flavoured with cardamom, pistachios and rose water and chilled in individual serving dishes before being garnished with almonds and pistachio nuts then served.

Firni is a classic Indian recipe for a traditional blancmange (set dessert) thickened with ground rice and flavoured with rose water, cardamom and pistachio nuts.

Ingredients:

720ml (3 cups)milk
3 tbsp ground rice
3 tbsp sugar
1/2 tsp ground cardamom
1 tbsp rose water (or 3 drops rose essence)
1 tbsp blanched pistachio nuts, chopped
1 tbsp blanched pistachio nuts
slivered almonds, toasted, to garnish

Method:

Combine a little of the milk with the ground rice to form a smooth paste. Add the remaining milk to a pan along with the sugar and bring to a boil, stirring with a wooden spoon. Take off the

heat then stir in the ground rice mixture before returning to the heat. Continue cooking, stirring constantly, until the mixture comes to a boil and thickens.

Continue boiling, stirring constantly, for 3 minutes. Take off the heat then stir in the cardamom, rose water and chopped pistachios. Stir thoroughly to combine then allow to cool slightly before pouring into individual dessert dishes. Allow to cool and set then garnish with the remaining pistachio nuts and the toasted almonds.

This dish can be served either warm or chilled.

Aam Kulfi (Mango Ice Cream)

Aam Kulfi (Mango Ice Cream) is a traditional Indian recipe for a classic ice cream made with milk, sugar, nutmeg and mango pulp.

A kulfi is an Indian style of ie cream, exemplified by this traditional mango version.

Ingredients:

1l (4 cups) milk
4 tbsp sugar
1/8 tsp freshly-grated nutmeg
200g (1 cup) pulp from freshly-puréed, ripe, mangoes

Method:

Place the milk in a medium pan over high heat. Bring to a boil, stirring constantly to prevent a skin from forming. Lower the heat and continue to boil gently for about 50 minutes, or until the milk has reduced to about 400ml (1 2/3 cups). Stir all the time to prevent the milk from burning.

When the milk has reduced sufficiently stir in the sugar and nutmeg along with the mango pulp. Take off the heat and set aside to stand until completely cool.

Divide the mixture evenly between five small (about 100ml [2/5 cup]) flan moulds or muffin tins. Cover tightly with foil or clingfilm (plastic wrap) then place in the freezer for at least four hours.

To serve, dip the moulds briefly in hot water to release the kulfi. Turn out onto individual serving plates, garnish with a few sliced pistachios (optional) and serve.

Malai Kulfi (Cardamom and Pistachio Ice Cream)

Malai Kulfi (Cardamom and Pistachio Ice Cream) is a traditional Indian recipe for a classic ice cream made with milk, sugar, cardamom and chopped pistachio nuts.

A kulfi is an Indian style of ice cream, exemplified by this traditional pistachio nut version.

Ingredients:

400ml (1 2/3 cups) evaporated milk, chilled in the refrigerator for at least 8 hours
200ml (4/5 cup) double cream
200g (1 cup) sugar
2 green cardamom pods, crushed
4 tbsp pistachio nuts, chopped

Method:

Place the evaporated milk in a large bowl and whisk with an electric whisk until the volume has doubled. In a separated bowl, whip together the double cream and sugar. Now gently fold the whipped double cream into the beaten evaporated milk.

Add the cardamom and pistachio nuts and stir into the cream and milk mixture (fold in gently using and up and down motion.

Pour the mixture into a square tin or freezer-proof plastic dish so that the liquid is about 5–7cm deep. Allow to cool completely then cover and place in a freezer for about 30 minutes. Sprinkle the remaining pistachios over the top then return the kulfi to the freezer until set hard.

Remove the kulfi 15 minutes before serving then cut into 1cm cubes and serve in chilled bowls.

Rice Kulfi

Rice Kulfi is a traditional Indian recipe for a classic ice cream made with evaporated milk, milk, almonds, ground rice, double cream and pistachio nuts.

A kulfi is an Indian style of ie cream, exemplified by this traditional mango version.

Ingredients:

400ml (1 2/3 cups) evaporated milk
1/2 tsp ground cardamom
200ml (4/5 cup) milk, lukewarm
20g (3/4 oz) almonds, finely ground
40g (2 oz) ground rice
80g (3 oz) sugar (or to taste)
400ml (1 2/3 cups) double cream
1/4 tsp vanilla extract (or almond essence)
100g (1 cup) unsalted pistachio nuts (peeled)

Method:

Warm the evaporated milk until just boiling. Immediately take off the heat and stir in the ground cardamom. In the meantime, slowly blend the ground almonds and ground rice into the warm milk to form a smooth paste, stirring constantly.

Whisk the paste into the evaporated milk along with the sugar and double cream. Return the pan to the hob and cook over medium heat for about 15 minutes, stirring constantly. Take off the heat and when the mixture has cooled slightly add the vanilla extract.

Crush the pistachio nuts in a mortar and add these to the cream mix. Set aside to cool to room temperature (put a sheet of clingfilm [plastic wrap] over the top, in contact with the liquid, to prevent a skin from forming).

Turn the cooled mixture in individual moulds (or to a loaf tin) then transfer to the freezer and freeze for at least 4 hours.

To serve, remove the kulfi from the refrigerator about 90 minutes before you are due to serve. Turn out onto a serving dish, garnish with the remaining crushed pistachio nuts and serve.

Pista Kulfi (Pistachio Ice Cream)

Pista Kulfi (Pistachio Ice Cream) is a traditional Indian recipe for a classic ice cream made with sweetened milk that's flavoured with ground almonds, ground pistachio nuts and cardamom.

A kulfi is an Indian style of ie cream, exemplified by this traditional pistachio nut version.

Ingredients:

1l (4 cups) milk
4 tbsp sugar, or to taste
1/2 tsp ground cardamom
1 tbsp blanched pistachio nuts, finely chopped
1 tbsp blanched almonds, finely ground

Method:

Place the milk in a medium pan over high heat. Bring to a boil, stirring constantly to prevent a skin from forming. Lower the heat and continue to boil gently for about 50 minutes, or until the milk has reduced to about 400ml (1 2/3 cups). Stir all the time to prevent the milk from burning.

When the milk has reduced sufficiently stir in the sugar, pistachio nuts and almonds along with the ground cardamom. Take off the heat and set aside to stand until completely cool.

Divide the mixture evenly between five small (about 100ml [2/3 cup]) flan moulds or muffin tins. Cover tightly with foil or clingfilm (plastic wrap) then place in the freezer for at least four hours.

To serve, dip the moulds briefly in hot water to release the kulfi. Turn out onto individual serving plates, garnish with a few sliced pistachios (optional) and serve.

Kujja Kulfi (Saffron and Nut Ice Cream)

Kujja Kulfi (Saffron and Nut Ice Cream) is a traditional Indian recipe for a classic ice cream made with sweetened milk that's mixed with saffron, pistachio nuts and cashew nuts, flavoured with cardamom and coloured yellow.

A kulfi is an Indian style of ie cream, exemplified by this traditional peach version.

Ingredients:

1l (4 cups) milk
a few saffron threads, crushed
4 tbsp sugar, or to taste
a few drops of yellow food colouring
1/2 tsp ground cardamom
1 tbsp blanched pistachio nuts, finely chopped
4 tsp cashew nuts, chopped

Method:

Soak the saffron in 1 tbsp warm water and set aside.

Place the milk in a medium pan over high heat. Bring to a boil, stirring constantly to prevent

a skin from forming. Lower the heat and continue to boil gently for about 50 minutes, or until the milk has reduced to about 400ml. Stir all the time to prevent the milk from burning.

When the milk has reduced sufficiently stir in the sugar, pistachio nuts, saffron water, yellow food colouring and the ground cashew nuts. Ensure the sugar has dissolved then take off the heat and set aside to stand until completely cool.

Divide the mixture evenly between five small (about 100ml [2/5 cup]) flan moulds or muffin tins. Cover tightly with foil or clingfilm (plastic wrap) then place in the freezer for at least four hours.

To serve, dip the moulds briefly in hot water to release the kulfi. Turn out onto individual serving plates, garnish with a few sliced pistachios (optional) and serve.

Apricot Kulfi (Apricot Ice Cream)

Apricot Kulfi (Apricot Ice Cream) is a traditional Indian recipe for a classic ice cream made with sweetened milk that's mixed with apricot puree and flavoured with nutmeg.

A kulfi is an Indian style of ie cream, exemplified by this traditional apricot version.

Ingredients:

1l (4 cups) milk
4 tbsp sugar
1/8 tsp freshly-grated nutmeg
200g (1 cup) pulp from freshly-puréed, ripe, apricots

Method:

Place the milk in a medium pan over high heat. Bring to a boil, stirring constantly to prevent a skin from forming. Lower the heat and continue to boil gently for about 50 minutes, or until the milk has reduced to about 400ml (1 2/3 cups). Stir all the time to prevent the milk from burning.

When the milk has reduced sufficiently stir in the sugar and nutmeg along with the apricot pulp. Take off the heat and set aside to stand until completely cool.

Divide the mixture evenly between five small (about 100ml [2/5 cup]) flan moulds or muffin tins. Cover tightly with foil or clingfilm (plastic wrap) then place in the freezer for at least four hours.

To serve, dip the moulds briefly in hot water to release the kulfi. Turn out onto individual serving plates, garnish with a few sliced pistachios (optional) and serve.

Rasbhari Aur Khubaani Ki Kulfi (Raspberry and Peaches Ice Cream)

Rasbhari Aur Khubaani Ki Kulfi (Raspberry and Peaches Ice Cream) is a traditional Indian recipe for a classic ice cream made from a condensed milk base flavoured with raspberries and peaches that's sweetened with honey.

Ingredients:

8 ripe and juicy raspberries
4 large, ripe, peaches
300ml (1 1/4 cups) condensed milk

5 tbsp double cream
honey or sugar, to taste
kewra water, to serve

Method:

Bring a pan of water to a boil, take off the heat and drop in the peaches. Set aside until cool enough to handle then peel the skins from the peaches and chop the flesh. Combine in a blender with the raspberries and process until smooth.

Pass the fruit pulp through a fine-meshed sieve to extract the juice then whisk in the milk and cream. Beat until smooth. Sweeten to taste then pour into freezer-proof containers and freeze.

To eat, soften the ice cream then spoon into bowls, sprinkle with kewra water and serve.

Shrikhand (Sweet Yoghurt with Saffron)

Shrikhand (Sweet Yoghurt with Saffron) is a traditional Indian recipe for a classic dessert of drained, sweetened and spiced, yoghurt that's served topped with saffron threads and rose petals.

Ingredients:

600ml (2 1/2 cups) plain yoghurt
150g (1/3 lb) sugar
1 tsp green cardamom seeds, crushed in a mortar
1 tsp grated pistachio nuts
1 tsp chironji (charoli) nuts, chopped
1 tsp flaked almonds
pinch of freshly-grated nutmeg
1 tsp rose water
pinch of saffron threads, crushed
fresh rose petals (white bases removed), to garnish

Method:

Place the yoghurt in a clean piece of doubled muslin or cheesecloth. Gather up the open ends, tie securely and then hang for about 2 hours to allow any excess moisture to drip away.

After this time, turn the yoghurt solids into a bowl. Add the sugar and beat together until smooth. Now stir in the cardamom seeds, pistachio nuts, chironji nuts, almonds, nutmeg and rose water.

Turn into a bowl, sprinkle over the saffron and chill in the refrigerator for at least 30 minutes.

When sufficiently chilled, garnish with rose petals and serve.

Ras Malai

Ras Malai is a traditional Indian recipe for a classic chilled dessert of baked ricotta cheese and nuts mixed with spiced and thickened cream.

Ingredients:

1kg (4 cups) ricotta cheese
2l (8 cups) single cream
400g (2 cups) sugar
5 cardamom pods, crushed or ground to a powder
1 tsp vanilla extract
2 tbsp rose water
10 saffron threads, crumbled
2 tbsp cashew nuts
1 tbsp blanched almonds
2 tbsp ghee

Method:

In a bowl, beat together the ricotta cheese and 300g (1 1/2 cups) of the sugar. Turn this mixture into a flat dish and cover with aluminium foil. Transfer to an oven pre-heated to 200ºC (390ºF) and bake for about 70 minutes, or until the cream cheese has hardened and is coloured a pale golden brown.

Remove from the oven and set aside. Pour the cream into a pan and bring to a gentle simmer. Continue simmering gently, stirring frequently, until the volume has reduced by half (about 40 minutes). At this point, stir the remaining sugar into the cream then add the cardamom pods and saffron. Heat for a few minutes to allow the ingredients to infuse the cream then take off the heat and stir in the vanilla extract and rose water.

When the cheese is done, remove from the oven and cut into 1cm squares. Stir these into the thickened cream.

In the meantime, combine the blanched almonds, cashew nuts and melted ghee in a bowl. Turn into an oven-proof dish and roast for a few minutes, or until golden brown. Crush the toasted nuts and stir into the cream blend.

Turn the mixture into a bowl, cover and refrigerate for at least 2 hours. Serve chilled as a dessert.

Ras Gulla (Cheese Balls in Sugar Syrup)

Ras Gulla (Cheese Balls in Sugar Syrup) is a traditional Indian recipe for a classic dessert of fresh soured milk cheese (paneer) balls served in a sugar syrup flavoured with rose water.

This very sweet dessert comes from India, where it is typically served at special occasions.

Ingredients:

1l (4 cups) milk
1/2 tsp salt
240g (1 cup) natural yoghurt
1 tsp plain flour
1/4 tsp bicarbonate of soda
For the Syrup:

1l (4 cups) water
500g (2 1/2 cups) sugar
2 tsp rose water

Method:

Pour the milk into a pan, bring to a boil then add the salt. Take off the heat and beat in the yoghurt. Continue stirring gently until the milk curdles then strain the curdled milk through a fine-meshed sieve lined with cheese cloth. Gather the curds up in the cloth and squeeze gently until all the liquid has gone (you have made a version of paneer).

Scrape this paneer into a bowl then knead with the palms of your hands until smooth and soft. Scatter over the flour and bicarbonate of soda and knead once more to incorporate. Form the mixture into a roll then tear off pieces and shape into small balls (about the size of a ping-pong ball) then set aside.

In the meantime, combine the sugar and water for the syrup in a pan. Allow the sugar to dissolve over gentle heat. Pour half the syrup into a bowl and set aside. Return the remaining syrup to the heat and bring to a boil. Gently add the balls of paneer (best done with a slotted spoon). Simmer gently for 10 minutes then increase the heat (add water to the syrup as needed). The paneer balls (ras gullas) are done when they float to the surface.

Drain the paneer balls and place in the reserved sugar syrup. Turn into a serving dish and sprinkle over the rose water then serve.

Jalebis

Jalebis is a traditional Indian recipe for a classic dessert of fried flour, yoghurt and water batter coloured with saffron that are dipped in hot sugar syrup flavoured with rose water, cooled and served.

This is a classic Indian batter-based dessert.

Ingredients:

280g (2 cups) unbleached plain flour
1 1/2 tbsp rice flour
1/4 tsp baking powder
2 tbsp natural yoghurt
300ml (1 1/4 cups) warm water
1/2 tsp powdered saffron threads
600g (3 cups) sugar
640ml (2 2/3 cups) water
1 1/2 tbsp rose water
ghee (clarified butter) for deep frying

Method:

Begin with the batter. Mix together the flour, rice flour and baking powder in a non-reactive (glass or ceramic) bowl. Stir in the yoghurt then slowly add the 300ml (1 1/4 cups) warm water and half the saffron. Whisk to a smooth batter, cover with a cloth and set aside to rest for

between 18 and 24 hours (the batter is ready when it appears gelatinous when whisked — at this point it will flow from a spoon is a solid band without breaking).

When the batter is ready, combine the sugar, remaining saffron and 640ml (2 2/3 cups) water in a large pan. Place over medium heat and stir until the sugar has all dissolved. At this point increase the heat, bring the syrup to a boil and boil for 8 minutes. Take off the heat, stir in the rose water and place back on the hob. Set over a low flame so that the syrup remains warm.

Fill a large pan with ghee to a depth of 4cm. Heat this to 180ºC (360ºF) and set a wire rack over a tray near the cooking area.

Now pour your batter into a piping bag fitted with a large, plain, nozzle. Pipe the batter over the surface of the hot ghee to form shapes (typically either three-ring inter-connected circles or loose double figure of eights or loops joined into a chain. Ensure each piece is about 5 x 7.5cm (2 x 3 in) in size. Fry for about 30 seconds on one side then flip over and cook for about 20 seconds on the other side, or until they are crisp and golden brown in colour.

When cooked, use a slotted spoon to lift the jalebis from the hot ghee then carefully lower into the hot syrup. Keep them in the syrup for about 20 seconds, submerging with your spoon for time to time (do not keep them in the syrup too long, or they will loose their crispiness) then remove with a slotted spoon on and set on your wire rack to drain.

Continue cooking the remaining batter in the same way, until all the jalebis are done.

Serve hot.

Soojee Hulva (Semolina Halwah)

Soojee Hulva (Semolina Halwah) is a traditional Indian recipe for a sweet dessert of butter, sugar, almonds and semolina flavoured with cardamom and cinnamon cooked in water until it becomes thick and sets and which is sliced and served as small squares.

Ingredients:

225g (1/2 lb) semolina
225g (1/2 lb) butter
225g (1/2 lb) Demerara sugar
1 tsp ground cinnamon
120g (1/4 lb) blanched almonds
120g (1/4 lb) sultanas
seeds from 10 cardamom pods
600ml (2 1/2 cups) water

Method:

Combine the sugar and water in a pan. Heat gently until the sugar dissolves then bring the mixture to a boil. Take off the heat and set aside.

Melt the butter in a pan, add the semolina and cook until golden brown. Now, very slowly stir in the sugar syrup (take care it does not spatter). Cook, mixing constantly, until the water has been completely absorbed. Stir in the sultanas, almonds, cardamom seeds and cinnamon and continue cooking, stirring constantly, for 1 minute.

Turn the resultant mixture into a flat dish and pat down until level. Cut into squares and eat

either warm or cold.

Soojee Luddoo

Soojee Luddoo is a traditional Indian recipe for a sweet dessert of butter, sugar, sultanas and nuts with semolina flavoured with cooked in a pan until golden and which is shaped into balls before serving.

Ingredients:

500g (1 lb) medium semolina
500g (1 lb) sugar
225g (1/2 lb) butter
30g (1 oz) pine kernels
120g (1/4 lb) blanched almonds, chopped
120g (1/4 lb) sultanas
120g (1/4 lb) mixed nuts, chopped
10g (1/3 oz) cardamom seeds

Method:

Melt the butter in a heavy-based pan, fold in the semolina then add the cardamom seeds and cook, stirring constantly, over high heat.

When the semolina is golden brown, add all the remaining ingredients, bring to a simmer and cook for 15 minutes. Take off the heat and set aside to cool.

As soon as the mixture is cool enough to be handled, shape into 3cm (1 in) diameter balls. Set these aside to cool completely before serving.

Sweet Boondi

Sweet Boondi is a traditional Indian recipe for a dessert of chickpea four batter fried in ghee that's served garnished with ground cardamom and chopped almonds.

Ingredients:

1/4 tsp ground cardamom
8 almonds, chopped
140g (1 cup) chickpea (gram) flour
100g (1/2 cup) sugar
250ml (1 cup) water
ghee for deep frying

Method:

Combine the sugar and water in a pan. Heat gently until the sugar dissolves then bring to a boil. Keep boiling until the syrup thickens and begins to become sticky then take off the heat and set aside.

Pour the chickpea flour into a bowl and slowly work in enough water to give you a thick pancake-like batter (about 180ml [2/3 cup]).

Heat ghee to a depth of 3cm (1 in) in a wok or pan. When hot, hold a perforated spoon a little above the level of the ghee and pour some of the batter onto it so that the batter drips through the holes in the spoon.

Stir the boondis you have just formed into the hot ghee and cook until just golden brown and crisp. Remove from the oil with a slotted spoon then transfer to the sugar syrup. Allow to sit in the syrup for about 3 minutes then take out and spread out on a large plate. Set aside to cool completely then separate the boondis individually.

Cook the next batch.

When they are all done, scatter over the ground cardamom then stir in the chopped almonds. They are best served fresh, but can be stored in an air-tight container for a couple of days, if needed.

Plain Naan Bread

Origin: India

This is a classic Indian recipe for a plain, leavened, wheat-flour based flatbread made with yoghurt.

Ingredients:

75ml (5 tbsp) warm milk
1 tsp sugar
1 tsp dried yeast
250g (1 3/4 cup) plain flour or 1/2 white and 1/2 wholemeal
1/2 tsp salt
75ml (5 tbsp) plain yoghurt
1 tbsp ghee

Method:

Combine milk, sugar and yeast in a bowl and lightly stir. Cover and leave to stand in a warm place for 5 minutes. Sift the flour and salt into a large bowl and add the yeast mixture, the ghee and the yoghurt. Mix to a soft dough then tip onto a floured surface and knead for about 5 minutes or until dough is smooth & elastic. Place the dough in large greased bowl, cover and allow to stand in a warm place for about 1 1/2 hours or until the dough has doubled in size. Knock the dough back then knead for a further five minutes. Divide the dough into 4 pieces, and roll each into a 20cm (8 in) round.

Place on a baking tray, cover and allow to raise for 20 minutes or so. Cook each naan individually by placing under a very hot grill for about 2 minutes each until puffed and just browned. Then brush the naan with a little extra ghee and grill a further 30 seconds. Keep the naans warm in the oven whilst cooking the remainder.

Fruity Naan Bread

This is a traditional Indian recipe for a classic naan-style flatbread containing fruit and nigella seeds.

Ingredients:

400g (2 3/4) white flour
50g (2 oz) gram (Chickpea) flour
30g (1 oz) dried yeast
1 tsp Nigella (kalonji) seeds
6 tbsp plain yoghurt
2 tbsp ghee or melted butter
1 tsp salt
1 tsp sugar
180ml (3/4 cup) warm water
oil or ghee to coat
2 tsp each of garlic, sour cherries, sesame seeds, diced red onion

Method:

Dissolve the sugar in the warm water and add the yeast. After about 10 minutes this should begin to froth. If it does not discard and start again.

Meanwhile sift the salt, flour and nigella seeds into a bowl. Make a well in the centre and add the yoghurt, ghee and yeast mixture. Knead into a dough, shape into a ball then tip onto a floured surface and knead thoroughly for about 10 minutes.

Tip the dough ball back into the bowl, cover with a cloth and leave in a warm place for about three hours or until the dough has doubled in size.

Knock the dough back then add the sour cherries, sesame seeds, diced red onion and garlic into the mixture. Knead well to make sure everything is integrated into the dough then cut into six equal-sized pieces. Pat into the typical pear shape then coat with oil or ghee and place on a baking tray.

Cover with a cloth and leave to raise for about an hour. At the end of this time pop into an oven pre-heated to 230ºC (445ºF) for about 10 minutes.

Brush with a little butter whilst hot and serve.

Restaurant-style Naan Bread

This is the naan bread as the curry restaurant makes it, using baking powder as a leavening agent rather than yeast.

Ingredients:
400ml (1 2/3 cups) whole milk
750g (5 1/3 cups) plain flour
2 eggs
2 tbsp sugar
1 tbsp salt
50ml (3 tbsp) vegetable oil
1 1.2 tsp baking powder
2 tbsp fresh coriander, finely chopped
2 tbsp garlic cloves, finely chopped
2 tbsp nigella (kalonji) seeds
3 tbsp ghee or butter, melted and cooled

Method:
Pre-heat the oven to 225ºC (440ºF) and place a thick baking tray inside to heat up.

Crack the eggs into a mixing bowl, add the sugar and milk and whisk thoroughly to combine. In a separate bowl, sift together the flour, salt and baking powder. Form a well in the centre of the flour mix then add half the milk mix. Combine with a fork then add more of the milk mix until the ingredients come together.

Knead lightly to form a soft dough (do not over-work or it will be too elastic). Cover with a damp tea-towel and set aside in a warm place to rest for 15 minutes. After this time, remove the towel, pour over the oil and knead the dough to incorporate the oil and knock out any air.

Divide the dough into 16 equal-sized pieces, form these into balls then place, one at a time, on a lightly-floured work surface and roll out into rounds about 10cm (4 in) in diameter.

Carefully spread the circles of dough on the hot tray (do not remove this from the oven — you will probably need to cook them in batches). Scatter the garlic and coriander leaves over half the naan and the nigella seeds over the other half. Close the oven and cook for 3 minutes then brush with the melted butter, turn over and cook for about 2 minutes on the other side or until lightly coloured and cooked through.

Serve hot, as you cook the next batch.

Roti

Roti is a classic Indian unleavened flatbread made with chapatti flour (a blend of wheat and malted barley flours) that's a traditional accompaniment to Indian curry dishes (particularly paneer-based dishes).

Ingredients:

350g (2 1/2 cups) chapatti flour (a blend of wheat and malted barley flours)
240ml (1 cup) water
140g (1 cup) chapatti flour spread on a large plate
ghee for brushing the finished bread

Method:

Combine the chapatti flour with the water to form a dough. Knead well in the bowl then cover with a cloth and set aside for about 2 hours to rest. After this time turn the dough onto a lightly-floured work surface and knead well. Divide the dough into 6 equal pieces then for each piece flatten on a lightly-floured surface with your hands before rolling out into thin patties about 12cm (5 in) in diameter (ideally you should try and make the edges thinner than the middle). Repeat the process with the remaining dough pieces.

Pre-heat a cast-iron frying pan over medium heat. Coat the roti in a little ghee on all sides then press into the plate of chapatti flour. Place the flatbread on the frying pan and when the colour changes on the top and bubbles appear turn it over with kitchen tongs. When both sides have been cooked remove the roti and set aside.

If you want to keep the rotis warm as they are cooked place them in a towel-lined bowl. Serve hot, either as they are or topped on one side with a little ghee or butter.

Cauliflower Roti

Cauliflower Roti is a traditional Indian recipe for a classic unleavened flatbread made with chapatti flour (a blend of wheat and malted barley flours) that contains cauliflower in the mix and which is fried and generally served with paneer (curd cheese) based dishes.

Ingredients:

350g (2 1/2 cups) wheat flour
70g (1/2 cup) plain flour
120ml (1/2 cup) milk
120g (1 cup) cauliflower florets
1 onion, grated
2 green chillies, chopped
1/4 tsp chilli powder
1/4 tsp ground cumin
2 tbsp chopped coriander leaves
salt and black pepper, to taste
butter for brushing

Method:

Bring a pan of plain water to a boil. Take off the heat and immediately immerse the cauliflower florets in this for 10 minutes. Cover the pan and when the time is up remove the cauliflower and drain well.

Add a little oil to a pan and stir-fry the cauliflower until soft (about 8 minutes). When ready

set aside in a bowl and mash thoroughly.

Meanwhile, mix the wheat flour with all the remaining ingredients (including the mashed cauliflower) and combine into a fine dough. If the dough is a little too dry add some water to make it more manageable.

Turn the dough out onto a lightly-floured surface and knead until elastic. Divide the dough into about 9 or 10 equal pieces. Roll into balls then flatten into circular shapes about 1.5cm (1/2 in) thick. Heat a cast iron pan and make the rotis one by one. Apply a little butter on both sides then press into the plate of chapatti flour. Place the flatbread on the frying pan and when the colour changes on the top and bubbles appear turn it over with kitchen tongs. When both sides have been cooked remove the roti and set aside.

Gram Flour Bread

Gram Flour Bread is a traditional Anglo-Indian recipe for a classic loaf of bread incorporating 20% gram (chickpea) flour into the mix giving the loaf a classic Indian flavour.

Gram Flour (chickpea flour) is used in a whole range of Indian recipes and is also used for flatbreads. However, being a pulse and not a grain, gram flour cannot be made into European-style breads. However, this recipe allows you to bake an European-style loaf of wheat bread that contains 20% gram flour and has a distinctive Indian flavour.

Ingredients:

140g (1 cup) gram (chickpea) flour
550g (4 cups) strong bread flour
24g yeast
30g (1 oz) white sugar
4 tbsp honey
60ml (1/4 cup) lukewarm water (for yeast)
340ml (1 1/2 cup + 1 tbsp) water (for dough)
13g (1/2 oz) salt
2 tsp cayenne pepper
12g (1/2 oz) butter

Method:

Mix the yeast and white sugar into the 60ml water and leave in a warm place for 10 minutes to prove.

Combine the chickpea flour, wheat flour, cayenne pepper and salt together and combine with the butter, honey and the yeast mixture. Add the remaining water a little at a time until you have a smooth dough. Remove this from the bowl and tip onto a floured surface and knead thoroughly (for at least 5 minutes).

Roll the dough into a ball and place in a greased bowl. Cover with a damp cloth, place in a warm spot and allow to prove for at least 75 minutes, or until doubled in size. Knock the dough back and knead for a further 5 minutes then return to the bowl, cover and allow to prove for a further 45 minutes.

Knock back once more and divide the dough into 2 equal parts. Knead each dough piece

well to remove any trapped air then press the two dough pieces into half-loaf tins. Press down well into the tin then cover the tins and allow the dough to raise for at least 45 minutes in a warm place (or until the dough has risen some 2cm (4/5 in) over the top of the tins).

Place in an oven pre-heated to 210ºC (410ºF) and bake for about 25 minutes, or until the loaves sound hollow when tapped. Allow to cool a little before tipping onto a wire rack to cool completely.

Puri (Poori) [Indian Balloon Bread]

Puri (Indian Balloon Bread) is a traditional Indian recipe for a classic flatbread cooked in oil until it puffs up and which, traditionally, is served with potato curry for breakfast.

Ingredients:

280g (2 cups) strong plain whole-wheat bread flour
1/2 tbsp salt
2 tbsp ghee or butter
180ml (3/4 cup) warm water
2 tsp vegetable oil
groundnut oil, to deep fry

Method:

Sift together the flour and salt into a bowl. Add the ghee (or butter) and rub into the flour then add the water and vegetable oil and bring the mixture together as a dough.

Turn the dough out onto a lightly-floured work surface and knead for about 10 minutes, or until smooth and elastic. Cover with oiled clingfilm (plastic wrap) and leave to rest for 1 hour.

When the hour is up, lightly knead the dough once more then divide into 12 equal-sized portions and roll into balls. Cover these with a cloth until you're ready to shape. Take each ball between your hands and flatten into rounds about 12cm in diameter.

Heat your groundnut oil in a wok or deep fryer to 180ºC (355ºF — when a cube of bread browns and cooks in 2 minutes). When the oil is ready add a round of dough. This will immediately sink to the bottom of the oil before rising to the top as it puffs up. As soon as the dough has puffed up turn over with a slotted spoon and allow to cook on the other side for 1 minute.

Remove with a slotted spoon and set to drain on paper towels as you cook the remaining puris. Serve immediately, before they begin to deflate.

Luchi (Deep-fried Bengali Flatbread)

Luchi (Deep-fried Bengali Flatbread) is a traditional Indian recipe (from the Bengal region) for a classic flatbread using baking powder as a raising agent that's deep fried before serving.

Ingredients:

550g (4 cups) plain flour
1 tbsp baking powder

2 tbsp powdered milk
1 tsp salt
360ml (1 1/2 cups) warm water
250ml (1 cup) lard or shortening for frying

Method:

Sift together the flour, baking powder and salt into a large bowl. Stir-in the milk powder and mix well with a fork. Add just enough of the warm water to bring the mixture together as a firm, but not sticky, dough. Knead gently then cover with a cloth and set aside to stand for 15 minutes.

Divide the dough into balls about 5cm (2 in) in diameter then place on a lightly-floured surface and roll or stretch until the dough is flat and round.

Now melt the lard or shortening in a wok or pan. When hot, add the dough one by one and cook until golden before turning over and cook until golden on the other side. Drain on kitchen paper and serve hot.

Chapati (Chapatti)

Chapati (also known as Chapatti or Chapathi) is a traditional Indian recipe for a classic flatbread made with chapatti flour (a blend of wheat and malted barley flours) that's dry fried in a non-stick pan until bubbling and nicely coloured.

Ingredients:

140g (1 cup) chapati flour (a blend of wheat and malted barley flours) or substitute strong white bread flour (you can use wholemeal flour, if desired)
1/2 tsp salt (or to taste)
1 tsp ghee (clarified butter)
65ml (1/4 cup) [about] warm water

Method:

Add the flour to a large bowl, form a well in the centre and add the salt, ghee and half the water. Stir to combine then gradually add the remaining water, a little at a time, until you have a soft dough.

Turn onto a lightly-floured work surface and knead thoroughly until smooth and elastic. Return to the bowl, cover and set aside to rest for 45 minutes. Take small pieces of the dough and form them into balls about half the size of a tennis ball. Dust with flour then use a rolling pin to roll into thin rounds.

Take a non-stick pan and heat until very hot. Add the chapati and fry for about 30 seconds until beginning to brown in places (but do not allow to burn). Take a dry cloth, screw into a ball and press it down hard on every part of the chapatti's surface. Turn the chapati over and repeat the procedure. When you press the dough down it should form bubbles; if it does not then the pan is hot enough or you have not cooked the chapati sufficiently. Simply turn the chapati over and continue cooking. When done, set aside in the oven to keep warm.

If desired, you can spread with a little ghee before serving.

Gluten-free Chapati

Gluten-free Chapati (also known as Chapathi) is a modern Fusion recipe for a method of making the classic Indian flatbread that's dry fried in a non-stick pan until bubbling and nicely coloured using a gluten-free dry flour mix substitute instead of the more usual chapatti flour or wheat flour.

Ingredients:

140g Gluten-free Dry Flour Mix
1/2 tsp salt (or to taste)
1 tsp ghee (clarified butter)
65ml (about) warm water

For the Gluten-free Dry Flour Mix:

300g (2 cups + 3 tbsp) brown rice flour
300g (2 cups + 3 tbsp) white rice flour
225g (1 2/3 cups) sweet rice flour
265g (1 3/4 cups + 3 tbsp) tapioca starch (or flour)
135g cornflour (cornstarch)
100g rice bran
2 tsp xanthan gum

Simply mix together all the ingredients to make you gluten-free flour mix.

Method:

Add the flour mix to a large bowl, form a well in the centre and add the salt, ghee and half the water. Stir to combine then gradually add the remaining water, a little at a time, until you have a soft dough.

Turn onto a lightly-floured work surface and knead thoroughly until smooth and elastic. Return to the bowl, cover and set aside to rest for 45 minutes. Take small pieces of the dough and form them into balls about half the size of a tennis ball. Dust with flour then use a rolling pin to roll into thin rounds.

Take a non-stick pan and heat until very hot. Add the chapati and fry for about 30 seconds until beginning to brown in places (but do not allow to burn). Take a dry cloth, screw into a ball and press it down hard on every part of the chapatti's surface. Turn the chapati over and repeat the procedure. When you press the dough down it should form bubbles; if it does not then the pan is hot enough or you have not cooked the chapati sufficiently. Simply turn the chapati over and continue cooking. When done, set aside in the oven to keep warm.

If desired, you can spread with a little ghee before serving.

Paratha

Paratha is a classic Indian flatbread made with whole wheat flour that's flavoured with ghee or oil and is typically served as an accompaniment to gravy-based curries. The recipe presented here is a basic one with no stuffing for the paratha. They are traditionally cooked in a *tawa*, a flat griddle pan, but you can use a large frying pan or skillet.

Ingredients:

350g (2 1/2 cups) whole wheat flour (durum atta)
1 1/2 tsp salt
160ml (2/3 cup) water
7 tbsp ghee (clarified butter), melted, or oil
extra ghee or oil for frying (you can also use butter)

Method:

Sift together the flour and salt into a large mixing bowl. Add 1 tbsp of the ghee and rub into the flour mix with your fingertips. Form a well in the flour an add all the water. Knead into the flour to form a dough. Continue kneading the dough for at least 10 minutes, or until smooth and elastic (the longer your knead, the lighter the final dough will be).

Divide the resultant dough into seven or eight equal portions. Take one at a time and roll on a lightly-floured work surface to form a thin round about 10cm (4 in) in diameter. Pour 1 tsp of melted ghee (or oil) in the centre of each round and spread lightly with your fingers to cover the surface of the disc. Now take a sharp knife and make a cut from the centre of each disc to the outer edge. Lift the dough up and taking the two ends of the cut you've made wrap them around to make a very tight cone. Now take the apex of the cone and the open end and squash these together until you have a small, roughly circular, piece of dough again.

Flour your work surface and use a rolling pin to roll out the dough balls into discs. Do not press too hard during rolling, or you will force out the air from the middle of the parathas. Roll out to about 8cm (3 in) in diameter. Cover the discs with clingfilm (plastic wrap) to prevent them from drying.

Heat a flat frying pan, griddle or *tawa* over medium-high heat. Once hot add one of the flatbreads and cook for 1 minute, or until small bubbles form in the dough. Flip over with a spatula and cook on the other side for about 30 seconds. Quickly brush the flatbread with 1 tsp ghee or oil then flip over and cook for a few seconds. Now brush the upper surface with ghee and once more flip the flatbread over.

When done, transfer to a plate lined with kitchen paper and keep warm in the oven as you cook the next flatbread. Serve warm.

Aloo Paratha (Flatbread with a Spicy Potato Stuffing)

Aloo Paratha (Flatbread with a Spicy Potato Stuffing) is a traditional Indian recipe for a classic flatbread made with whole wheat flour and flavoured with clarified butter that's stuffed with a spiced potato mix and fried in a griddle pan to cook.

Ingredients:

For the Flatbreads:

450g (1 lb) whole wheat flour (durum atta)
2 tbsp melted ghee or oil
salt, to taste
200ml (4/5 cup) water

extra ghee or oil for frying

For the Filling:

5 medium potatoes, peeled and cubed
2 tbsp oil
1/2 tsp cumin seeds
2 green chillies, finely chopped
1/2 tsp ground turmeric
sea salt, to taste
1 tsp hot chilli powder
2 tbsp coriander leaves, very finely chopped

Method:

Begin with the potato stuffing. Bring a pan of lightly-salted water to a boil. Add the potatoes and cook for about 25 minutes, or until tender. Take off the heat, drain and mash.

Add oil to a pan over medium heat and use to fry the cumin seeds. When they begin to splutter add the chillies and fry for 1 minute before adding the turmeric powder and the mashed potatoes. Stir to combine then add the salt, chilli powder and coriander. Mix thoroughly then take off the heat and set aside.

For the flatbreads, sift together the flour and salt into a large mixing bowl. Add 1 tbsp of the ghee and rub into the flour mix with your fingertips. Form a well in the flour an add all the water. Knead into the flour to form a dough. Continue kneading the dough for at least 10 minutes, or until smooth and elastic (the longer your knead, the lighter the final dough will be).

Divide the resultant dough into sixteen equal portions. Take one at a time and roll on a lightly-floured work surface to form a thin round about 4cm (2 in) in diameter. Pour 1/4 tsp of melted ghee (or oil) in the centre of each round and spread lightly with your fingers to cover the surface of the disc.

Take one disc and place a ball of the potato mix (about 2 tbsp) in the centre. Top with another round of dough and press the edges of the discs together to seal the parcels. When all the breads have been filled cover with a kitchen towel.

Now take each parcel one by one and, on floured work surface, roll out lightly and carefully into a circle about 8cm in diameter (do this carefully to prevent the filling from spilling out. When all the parathas are done, cover the discs with clingfilm (plastic wrap) to prevent them from drying.

Heat a flat frying pan, griddle or *tawa* over medium-high heat. Once hot add one of the flatbreads and cook for 1 minutes, or until small bubbles form in the dough. Flip over with a spatula and cook on the other side for about 30 seconds. Quickly brush the flatbread with 1 tsp ghee or oil then flip over and cook for a few seconds. Now brush the upper surface with ghee and once more flip the flatbread over.

When done, transfer to a plate lined with kitchen paper and keep warm in the oven as you cook the next flatbread. Serve warm.

Ande Ka Parantha (Shallow-fried Bread with Egg Filling)

Ande Ka Parantha (Shallow-fried Bread with Egg Filling) is a traditional Indian recipe for a classic snack made from a flour dough filled with a fried egg mixture that's rolled until flat and fried in ghee.

Ingredients:

280g (2 cups) plain flour
salt, to taste
4 large eggs, beaten
1 small onion, chopped
1 green chilli, chopped
1 tbsp coriander leaves (cilantro), chopped
1/2 tsp fresh ginger, grated
ghee

Method:

Sift the flour into a bowl and add a pinch of salt. Now add a tablespoon of ghee and rub into the flour. Add sufficient water to bring the mixture together as a medium dough.

Place in a greased bowl, cover with a damp cloth and set aside as you prepare the filling. Heat 1 tbsp ghee in a pan and add the beaten eggs, onion, chilli, coriander leaves and ginger. Season with salt and cook over medium heat, whisking occasionally with a fork, until the eggs are set.

Turn out onto a board and divide the mixture into eight portions. Turn the dough onto a cold, lightly-floured, work surface. Knead lightly then divide into eight portions. Take each piece of dough in turn and roll out into fat disks. Shape each one in a shallow cup then fill with a portion of the filling. Roll up the pastry edges to cover the filling then dust with flour and roll out into a flat disc. Repeat this process with the remaining dough and filling.

Heat a griddle and grease with a little ghee. Add one of the filled discs and cook for 30 seconds over medium heat then flip over. Cook the paratha until brown spots appear on both sides and serve immediately. Then repeat the cooking process with the remaining flatbreads.

Parotta

Parotta is a traditional Indian recipe (from Kerala) for a classic accompaniment of a flour, water, baking soda, salt and oil dough formed into a ring, coiled, flattened and fried.

Ingredients:

150g (1 cup + 1 tbsp) plain flour
120ml (1/2 cup) hot water
small pinch of baking soda
salt, to taste
3 tbsp cooking oil
cooking oil for frying

Method:

Sift together the flour, salt and baking soda into a bowl. Using a wooden spoon to mix,

work in the hot water until you have a smooth batter. Now beat in the 3 tbsp oil.

Mix until smooth with your hands and form into a ball. Place in a bowl, cover with a cloth and set aside to rest for 60 minutes.

Take a lemon-sized ball of the dough, place on a lightly-floured work surface and roll out as thinly as you can.

Brush the top of the rolled dough with a little oil. Now roll the dough up tightly so that you have a long rope. Take one end of this rope and coil it round like a spiral. Pinch the loose end closed then pat gently to firm it up. Brush both sides with oil then roll it into a flat round.

Heat a non-stick pan over high heat. Brush wit ha little oil, add a parotta and fry until cooked through and lightly browned (like cooking a pancake). Once cooked, allow to cool slightly then pat it gently from hand to hand using a clapping-type motion to separate the layers.

Serve warm as an accompaniment.

Thepla

Thepla is a traditional Indian recipe (Gujarati) for a classic flatbread of a flour base flavoured with fenugreek and spices that's lightly greased and cooked in a frying pan until browned and cooked through.

Ingredients:

150g plain flour
1/2 bunch fresh fenugreek (methi) leaves, finely chopped
1 tsp ajwain (bishop's weed)
1 tsp ground coriander seeds
2 green chillies, crushed to a paste
1 tsp red chilli powder
1 pinch of asafoetida (hing)
1/2 tsp ground turmeric
1 tbsp ginger-garlic paste
1 tsp ground cumin seeds
oil, as needed
salt, to taste

Method:

Sift the four into a bowl. In a separate bowl, mix the methi leaves, ajwain, coriander seeds, chillies, chilli powder, asafoetida, turmeric, ginger-garlic paste and ground cumin seeds. Mix well to combine then mix into the flour.

Add 1 tsp oil and knead into the flour and spice mix. Now add enough water to bring the mixture together as a stiff dough. Divide the dough into balls about the size of a salad tomato. Roll these out into thin pancakes with a rolling pin.

Heat a griddle pan, a skillet or a dry non-stick frying pan over high heat. Brush one side of the thepla with a little olive oil and set in the pan, oiled side down. Brush the top with a little more oil and fry until browned on the base then turn over and fry until browned on the other side and cooked through.

Remove from the pan and serve hot, then cook the next thepla.

Appam

This is a classic rice pancake from South India (Kerala) that is served both as a breakfast staple and as an accompaniment to certain curries, particularly kadala.

Ingredients:

100g (1 cup) freshly-grated coconut
1/2 tsp active, dried, yeast
3 tsp sugar
salt, to taste
200g (2 cups) raw rice
150g (1 cup) cooked rice
240ml (1 cup) coconut water
thin coconut milk, as needed

Method:

Wash the raw rice well, place in a bowl, cover with plenty of water and set aside to soak for 5 hours. After this time, drain the rice and place in a food processor and grind with the grated coconut until you have a thick paste.

Dissolve the yeast in the coconut water and set aside for about 20 minutes, or until frothy. After this time, mix the yeast into the rice and coconut batter. Now stir in the sugar and salt. Cover and set aside for 30 minutes in a warm place.

After this time, heat a non-stick pan over medium-high heat. Pour a ladleful of the batter into the pan and then swirl the pan so that you have a thin layer of batter around the outside and a thicker portion of batter in the centre.

Cover the pan with a lid and cook until the edges of the pancake are golden brown and the central portion is soft and cooked through.

Using a slice, carefully remove the appam from the pan and slice onto a serving plate. Cook the remaining batter in the same manner and serve the appam warm.

Chingree Puffs

Another classic Anglo-Indian dish that as typically served as part of high tea or with picnics, but which could also be served as a snack.

Ingredients

350g (2 1/2 cups) self-raising flour
300g (2 cups) ghee or butter
60g (1/2 cup) onions, sliced
1/2 tsp salt
100g (3 1/2 oz) peeled prawns
1 tsp ground coriander seeds
1 tsp ground turmeric

1/2 tsp ground cumin seeds

Method

Mince the prawns finely, then pound to a paste in a mortar. In a bowl, mix together the coriander, turmeric and cumin with a little water to form a taste then work in 250ml (1 cup) boiling water until smooth.

Heat 60g (4 tbsp) of the ghee (or butter) in a pan, and when hot use to fry the onions for about 5 minutes, or until golden brown.

Pour the spice mixture over the onions and stir for 3 minutes over medium heat. Add the prawns and salt and cook gently for 5 minutes.

Sift the flour into a bowl, add 120g (1/2 cup) of the ghee and work into the flour until the mixture resembles fine crumbs. Work in a little cold water to bring the mixture together as a dough. Turn the dough onto a lightly-floured work surface and roll out thinly. Cut into rounds and fill the centres with the curried prawn mix. Fold over and crimp the edges closed.

Add the remaining ghee to a frying pan, and when hot add the puffs and fry until they are lightly browned on both sides. Remove with a slotted spoon and drain on kitchen paper.

They can be served warm or cold.

Bori

Bori is a traditional Indian recipe (from Bengal) for a classic dish of black lentil paste flavoured with chillies, ginger, aniseed and asafoetida that uses baking soda as a raising agent that's piped and baked in the oven before being deep fried.

Ingredients:

75g (1/2 cup) urad dal (black lentils)
1/2 tsp hot chilli powder
1/2 tsp ground ginger
1/2 tsp ground aniseed
1/2 tsp asafoetida powder
1 tbsp water
1/2 tsp baking soda

Method:

Wash the black lentils under plenty of cold running water then transfer to a bowl, cover with plenty of water and allow to soak for 1 hour. Drain completely then transfer to a coffee grinder or spice grinder along with the other spices and baking soda. Render to a fine powder then add at most 1 tbsp water.

Meanwhile, line a baking tray with aluminium foil and brush gently with a little oil. Transfer the bori paste to a piping bag and squeeze out grape-sized pieces of bori. When the baking tray is covered transfer to an oven pre-heated to 100ºC (210ºF) and bake for 2 hours, turning the boris over half way through.

Remove from the oven and set aside to cool. Typically boris are deep fried before using. Simply heat oil in a pan or deep fat fryer to 180ºC (355ºF) and cook the boris until golden

brown.

Dosa (Rice and Lentil Crêpes)

Dosa (also spelled Dhosa) is a classic Indian recipe for a classic batter of rice and skinned black chickpeas (urad dhal) that's flavoured with fenugreek seeds and cooked as a thin pancake and which can be stuffed or served plain as a snack or accompaniment.

Ingredients:

120g (1 cup) sona masuri rice (or any similar medium-grained rice)
120g (1 cup) idli rice (ponni rice is best), parboiled
75g urad dhal (skinned black chickpeas [gram])
1/2 tsp fenugreek (methi) seeds
1 tsp salt
1 onion wedge
a little oil

Method:

Wash the rice and place in a bowl. Wash the urad dhal and place in another bowl with the fenugreek seeds. Cover the contents of both bowls with water so that the water comes 5cm above the level of the rice and dhal, respectively. Set aside to soak for about 6 hours, by which time the dhal should have swollen and the rice grains should be soft enough that you can easily break them between your fingers.

Wash a grinder and pour in 2 tbsp of the dhal soaking liquid. Using your hands, scoop out the soaked dhal and transfer to the grinder. Process a handful at a time, until the dhal purée is fluffy and silky smooth (this can take up to 15 minutes, depending on the type of grinder you have).

After each batch has been processed, scrape into a large (about 4l) bowl. Now add 200ml of the rice soaking liquid to the grinder and add the rice. Grind the rice to a smooth, but slightly gritty batter (about 20 minutes' processing).

Scrape the rice batter into the bowl with the dhal batter and stir to combine. Season with the salt and stir gently with your hands to combine. Cover the bowl loosely with a clean tea towel and place in a warm spot (an airing cupboard is ideal) to ferment. Fermentation works best at around 32ºC (90ºF). In warm climates, you can set the bowl aside in the kitchen over night. In colder climates fermentation can take up to 18 hours (you can, if you wish place the batter in a gas stove with just the pilot light on).

By the end of fermentation, but batter should have doubled in volume. At the end of this time test the batter. For Dosas, you need a batter that is of pouring consistency, add water as needed.

Place a non-stick pan (about 22cm [9 in] diameter) over high heat. Add a drop of oil, stick the onion wedge on a fork and use to spread the oil over the entire pan. Pour a ladleful (about 60ml [1/4 cup]) of the dosa batter into the pan and very lightly use the base of the ladle to swirl the batter over the pan, using concentric circles. When the batter is fully spread over the pan, drizzle a few drops of vegetable oil over the surface of the dosa.

Cook over medium-high heat for a few minutes, or until the base of the dhosa is cooked and a light golden brown in colour. Now either fold the dosa over in half or roll it into a scroll (if you like your dosas crispy, carefully flip over and cook on the other side).

Serve with sambar and tomato chutney. Alternatively you can stuff with potato masala or bhajia (fried vegetables).

Poppadoms

Poppadoms is a classic Indian recipe for a classic smack or accompaniment of thinly-rolled gram (chickpea) flour dough that is first baked and then shallow fried in oil before serving. This is often served as a starter to accompany pickles and dips, but can also be served as an accompaniment to certain vegetable-based curries..

Ingredients

300g (2 cups) gram (chickpea) flour
1 tsp coarsely-ground black pepper
1 tsp ground cumin seeds
1/2 tsp fine sea salt
1 garlic clove, peeled and finely minced
60ml (1/4 cup) water
1/2 tsp cayenne pepper, to dust
oil for brushing

Method:

Sift together the chickpea flour, cumin and sea salt into a bowl then stir in the black pepper and minced garlic. Add 50ml of the water and bring the ingredients together to form a dough. If the dough is too dry, then add a little more of the remaining water until the ingredients come together.

Turn the dough onto a lightly-floured work surface and knead for 5 minutes, until smooth and elastic. Now take the dough and roll into a sausage shape about 5cm in diameter and 15cm long. Divide this into a dozen pieces of equal size.

Take the first piece and brush one of the cut ends with oil (this will be the top). Sit the dough on your work surface with the un-oiled side down then use a rolling pin to roll it out into a very thin circle about 16cm (6 in) in diameter. Dust with a light sprinkling of cayenne pepper then carefully transfer the poppadom to a greased baking tray. Cover lightly as you prepare the next one.

When all the poppadoms are done, transfer to an oven pre-heated to 150ºC (300ºF) and bake for about 20 minutes, or until crisp and dry (keep checking them after about 15 minutes to ensure they do not burn).

Remove the baked poppadoms from the oven and set aside to cool. At this stage, they can be stored in an air-tight tin or container until needed.

To cook, heat a 3mm (1/8 in) depth of oil in a large frying pan. When the oil is hot (but not smoking) add a poppadom and fry until it begins to curl at the edges. Turn over with tongs and cook on the other side. Remove from the pan, drain on kitchen paper and serve immediately.

Singaras

Singaras is a traditional Indian recipe (from Bengal) for a classic snack of cakes made from a blend of potatoes and flour flavoured with panch phoron that are fried to cook.

Ingredients:

500g (1 lb) potatoes
500g (1 lb) plain flour
30g (1 oz) butter or ghee
ghee, butter or oil, for cooking
2 tsp panch pharon
salt, to taste

Method:

Scrub the potatoes and boil for about 25 minutes, or until tender. Drain the potatoes, allow to cool until they can be handled then peel and cut into fine cubes.

Season the potatoes with salt, then scatter over the panch phoron and mix to combine then set aside.

Sift the flour into a bowl then rub in the butter (or ghee) before adding just enough cold water to bring the mixture together as a dough. Divide this into 36 balls. Flatten each ball on an oiled work surface and, using an oiled roller roll out to thin ovals. Cut the ovals across the middle (short way).

Take one half and moisten the edges with water. Place a few potato pieces onto one half then place the other half on top and fold over the edges to form a triangular-shaped pocket filled with potato.

Heat oil or fat to a depth of 3cm (1 in) in a wok. When hot, drop in a few of the singaras and fry until golden brown and piping hot in the middle. Drain on kitchen paper and serve hot.

Aloo Anardana

Aloo Anardana is a traditional Indian recipe for a classic dish of spiced and fried potatoes that, typically, is served and eaten as a snack.

This makes a very nice kind of fried potato that can be eaten as a snack or as an accompaniment to a main meal.

Ingredients:

750g (1 2/3 lbs) boiling potatoes (King Edwards or Santé are good)
60ml (1/4 cup) ghee (clarified butter)
3–4 whole red chillies
1/4 tsp turmeric powder
1/2 tbsp ground coriander seeds
3/4 tsp ground cumin
1/2 tsp chilli powder
100g (3 1/2 oz) anardana (dried pomegranate seeds, finely powdered)
1 tsp sea salt

Method:

Peel the potatoes and cut into 4cm (1 1/2 in) pieces. Boil the potatoes until tender, remove from the water and allow to cool completely.

Once the potatoes are cold heat the ghee in a wok then add the whole red chillies and fry until they begin to darken. Add the chopped potatoes to the oil and fry until they begin to run crispy. Add the powdered spices at this time and make sure that they cover all the potatoes. Finally add the pomegranate seeds, toss the potatoes to mix with the spice and fry for a further few minutes. Serve immediately.

Mandas of Cucumber

Mandas of Cucumber is a traditional Indian recipe for a classic snack of a ground rice batter in coconut milk with cucumber that's steamed in banana leaves.

Ingredients:

1kg (2 lb) boiled rice
1kg (2 lb) raw rice
750g (1 2/3 lb) jaggery (or palm sugar)
1 large cucumber
4 coconuts
175g (6 1/2 oz) ghee
pinch of grated nutmeg
1 tsp cardamom powder
salt to taste
a few plums and/or almonds (if available)

Method:

Extract 480ml (2 cups) of thick coconut milk, as follows: Grind the fresh coconut to a paste and when the paste is smooth add 300ml (1 1/4 cups) water and mix thoroughly. Squeeze as much coconut milk from the resulting mixture as possible. Then add a further 300ml (1 1/4 cups) water, mix and squeeze the coconut milk out again.

Peel the cucumber, remove pith and seeds, and cut into pieces. Wash and soak the boiled and raw rice for an hour and then grind along with jaggery (or palm sugar), cucumber, coconut juice and salt to obtain a thick batter. Add to this batter the blanched and cut plums and/or almonds (if available), cardamom powder and a little ghee and mix well.

Spread plantain (or banana, or dock) leaves at the middle, bottom, and sides of the steaming vessel (thondor). Apply ghee thinly over these leaves the pour in the thick batter and sprinkle a few drops of ghee on the top of the batter. Cover the top of the vessel with more leaves then replace the lid and steam it well placing the vessel in an oven with a tray of water underneath and cook for 30 minutes. Allow to cool, unpack and cut-up the resultant pudding and serve.

Mandas of Red Pumpkin

Mandas of Red Pumpkin is a traditional Indian recipe for a classic snack of a ground rice batter in coconut milk with pumpkin that's steamed in banana leaves.

Ingredients:

1kg (2 lb) boiled rice
1kg (2 lb) raw rice
750g (1 2/3 lb) jaggery (or palm sugar)
1/2 red pumpkin, flesh only
4 coconuts
175g (6 1/2 oz) ghee
pinch of grated nutmeg
1 tsp cardamom powder
salt to taste

a few plums and/or almonds (if available)

Method:

Extract 480ml (2 cups) of thick coconut milk, as described in the recipe above.

Wash and soak the boiled and raw rice for an hour and then grind along with jaggery (or palm sugar), red pumpkin, coconut juice and salt to obtain a thick batter. Add to this batter the blanched and cut plums and/or almonds (if available), cardamom powder and a little ghee and mix well.

Spread plantain (or banana, or dock) leaves at the middle, bottom, and sides of the steaming vessel (thondor). Apply ghee thinly over these leaves the pour in the thick batter and sprinkle a few drops of ghee on the top of the batter. Cover the top of the vessel with more leaves then replace the lid and steam it well placing the vessel in an oven with a tray of water underneath and cook for 30 minutes. Allow to cool, unpack and cut-up the resultant pudding and serve.

Vegetable Samosas

Vegetable Samosas is a traditional Indian recipe (from the North of India) for a classic snack of a flour and oil pastry filled with a mix of potatoes and peas flavoured with spices that are deep fried until golden before serving.

Samosas are a traditional snack in North India, often served at tea time. Though many fillings (including meat-based ones) are used a mix of potatoes and peas, as here, are the most traditional.

Ingredients:

For the pastry:

360g (4/5 lb) plain flour
4 tbsp vegetable oil
1/2 tsp salt
water

For the filling:

4 large potatoes (boiled in their skin)
200g (2 cups) fresh (or frozen) peas blanched in boiling water for 2 minutes
3 tbsp oil
1 tsp cumin seeds
1/4 tsp asafoetida powder (or dried onion)
3cm (1 in) piece of ginger, finely grated
2 green chillies, finely chopped
1 tsp ground coriander
1/2 tsp chilli powder
1 tsp Amchoor (or 1 tbsp lemon juice)
1 tsp garam masala
1 tsp toasted and ground cumin seeds

1 tsp salt (or to taste)
generous handful of chopped coriander leaves
oil for deep frying

Method:

Peel the boiled potatoes and dice them very finely. Add a little oil to a wok or frying pan and fry the cumin seeds and asafoetida until fragrant and aromatic then add the ginger and chillies and fry for 1 minute.

Add all the remaining ingredients (except the coriander leaves) and stir to coat the vegetables in oil. Cook gently for 5 minutes (try not to break up the potatoes) then add the coriander leaves and stir to mix in. Take off the heat and set aside.

For the pastry, add the flour, salt and oil to a bowl. Rub with your fingers until the mixture resembles fine breadcrumbs. Add water a little at a time until the mixture comes together as a firm dough. Tip onto a floured surface and knead well. Return to a bowl and allow to rest for 20 minutes before kneading once more.

Make a paste from 1 tbsp flour and 2 tbsp water. Mix thoroughly and set aside.

Divide the dough into 9 pieces, roll into balls and cover with a damp cloth. Place a ball on an oiled surface and roll into a 20cm (8 in) circle. Cut in half with a knife and lift up. Bring the cut edges together to form a cone and seal with the flour paste you just made.

Press to form a good seal then fill the cone with 2 tbsp of the potato mixture. You should be left with about a 5mm (1/5 in) overlap at the top that you can fold over and seal with the flour paste to close the samosa.

Repeat until all the pastry and potato mix is used-up, covering those samosas you've already made with a damp cloth to prevent them from drying out.

Add oil to a depth of about 5cm (2 in) in a wok and bring to temperature on medium heat (don't make the wok too hot or the samosas will turn out soggy). It's ready when a small piece of pastry dropped into the oil sizzles and rises to the surface.

Add the samosas to the oil (don't over-crowd) and fry gently until coloured golden brown. Turn once or twice (if you turn too often they have a tendency to break. Lift with a slotted spoon and drain on kitchen paper.

Serve hot with a green chatni or a chilli chatni.

Beef Samosas

Beef Samosas is a traditional Indian recipe (from the North of India) for a classic snack of a flour and oil pastry filled with a mix of potatoes and minced beef flavoured with spices that are deep fried until golden before serving.

Samosas are a traditional snack in North India, often served at tea time. Though many fillings (including meat-based ones) are used a mix of potatoes and peas, are the most traditional.

Ingredients:

For the pastry:

360g (4/5 lb) plain flour
4 tbsp vegetable oil
1/2 tsp salt
water

For the filling:
2 large potatoes (boiled in their skin)
200g (7 oz) minced (ground) beef
3 tbsp oil
1 tsp cumin seeds
1/4 tsp asafoetida powder (or dried onion)
3cm (1 in) piece of ginger, finely grated
2 green chillies, finely chopped
1 tsp ground coriander
1/2 tsp chilli powder
1 tsp Amchoor (or 1 tbsp lemon juice)
1 tsp garam masala
1 tsp toasted and ground cumin seeds
1 tsp salt (or to taste)
generous handful of chopped coriander leaves
oil for deep frying

Method:

Peel the boiled potatoes and dice them very finely. Add a little oil to a wok or frying pan and fry the cumin seeds and asafoetida until fragrant and aromatic then add the ginger and chillies and fry for 1 minute. Add the beef and fry until nicely browned (about 8 minutes).

Now add all the remaining ingredients (except the coriander leaves) and stir to coat the vegetables in oil. Cook gently for 5 minutes (try not to break up the potatoes) then add the coriander leaves and stir to mix in. Take off the heat and set aside.

For the pastry, add the flour, salt and oil to a bowl. Rub with your fingers until the mixture resembles fine breadcrumbs. Add water a little at a time until the mixture comes together as a firm dough. Tip onto a floured surface and knead well. Return to a bowl and allow to rest for 20 minutes before kneading once more.

Make a paste from 1 tbsp flour and 2 tbsp water. Mix thoroughly and set aside.

Divide the dough into 9 pieces, roll into balls and cover with a damp cloth. Place a ball on an oiled surface and roll into a 20cm (8 in) circle. Cut in half with a knife and lift up. Bring the cut edges together to form a cone and seal with the flour paste you just made.

Press to form a good seal then fill the cone with 2 tbsp of the potato and beef mixture. You should be left with about a 5mm (1/5 in) overlap at the top that you can fold over and seal with the flour paste to close the samosa.

Repeat until all the pastry and potato and beef mix is used-up, covering those samosas you've already made with a damp cloth to prevent them from drying out.

Add oil to a depth of about 5cm (2 in) in a wok and bring to temperature on medium heat

(don't make the wok too hot or the samosas will turn out soggy). It's ready when a small piece of pastry dropped into the oil sizzles and rises to the surface.

Add the samosas to the oil (don't over-crowd) and fry gently until coloured golden brown. Turn once or twice (if you turn too often they have a tendency to break. Lift with a slotted spoon and drain on kitchen paper.

Serve hot with a green chatni or a chilli chatni.

Pyaz Bhajia (Onion Bhaji)

Pyaz Bhajia (Onion Bhaji) is a traditional Indian recipe (from the North of India) for a classic snack of shredded onions coated in a batter of chickpea (gram) flour, chillies and spices that are deep fried before serving.

Ingredients:

250g (9 oz) gram (chickpea) flour
4 medium onions, halved and thinly slices
1 tsp salt
1 tsp hot chilli powder
1/2 tsp ajwain
2 green chillies, finely chopped
1/4 tsp baking powder
water to form a batter
oil for deep frying
salt and black pepper, to taste

Method:

Sift the gram flour into a bowl then add the salt, chilli powder and ajwain. Slowly add water, stirring all the while, until you have a batter about the consistency of double cream. Beat it well with a whisk to aerate (this makes the bhajis lighter).

Add the onion slices to a bowl, mix to separate and season with salt and black pepper.

Add oil to a 5cm (2 in) depth in a wok (it's hot enough when a little of the batter dropped in the wok sizzles and rises to the surface). Whisk the baking powder into the batter. Now take a pinch of the onions and dip into the batter to coat all over before dropping gently into the oil.

Fry, turning often, until golden brown all over. Remove with a slotted spoon and drain on kitchen paper. Serve immediately with an Indian chatni.

Sabji Pakore (Vegetable Pakoras)

Sabji Pakore (Vegetable Pakoras) is a traditional Indian recipe (from the North of India) for a classic snack of shredded onions, potatoes, spinach and peas coated in a batter of chickpea (gram) flour, chillies and spices leavened with baking powder that are deep fried before serving.

Ingredients:

250g (9 oz) gram (chickpea) flour

1 large potato, julienned
2 large onions, halved and finely sliced
100g (3 1/2 oz) fresh spinach, shredded
handful of peas
2 green chillies, finely shredded
4 garlic cloves, grated
1 tsp chilli powder
1/2 tsp ajwain
1 tsp salt
1/4 tsp turmeric
1 tsp garam masala
1/4 tsp baking powder
water to form a batter
oil for deep frying

Method:

Sift the gram flour into a bowl then add the salt, chilli powder and ajwain. Slowly add water, stirring all the while, until you have a batter about the consistency of double cream. Beat it well with a whisk to aerate (this makes the bhajis lighter).

Add oil to a 5cm (2 in) depth in a wok (it's hot enough when a little of the batter dropped in the wok sizzles and rises to the surface). Whisk the baking powder into the batter then add all the other ingredients to the batter, mixing well.

Drop a scant tablespoons of the batter mix into the oil and fry until evenly browned on all sides. Lift onto kitchen paper with a slotted spoon and serve immediately with an Indian chatni.

Pakoray

Pakoray is a traditional Pakistani recipe for a snack of deep-fried vegetables in a chickpea flour batter.

This is the Pakistani equivalent of the classic Indian pakora (see above). Vegetables in a besan (chickpea flour) batter that's deep fried.

Ingredients:

140g (1 cup) besan (chickpea) flour
240ml (1 cup) water
1 onion, chopped
1/2 tsp salt
1/4 tsp ground cumin seeds (jeera)
3 green chillies, finely chopped
1 small potato, finely chopped
80g (3 oz) spinach, washed, dried, and shredded
1 pinch baking soda
1/2 tsp coriander (dhaniya) seeds, crushed
oil for deep frying

Method:

Combine the chickpea flour and water in a bowl to form a thick batter. Add the salt and chillies and mix well. Now add the remaining ingredients and mix thoroughly to combine.

Heat oil for deep frying in a wok (you need at least a 3cm [1 in] depth) and when hot add heaped teaspoons of the batter into the oil. Fry the pakoray until golden then drain on kitchen paper and serve with chutney, chilli sauce, ketchup or a garlic sauce.

Kharbuze ki Kachri (Melon-skin Fries)

Kharbuze ki Kachri (Melon-skin Fries) is a traditional Indian recipe for a classic snack of melon skins that are dried and then cooked in deep fat before being seasoned and served.

Ingredients:

2 medium melons (any type with a rough outer skin)
oil for deep frying

Method:

Slice the melons and remove the seeds. Cut away the flesh, but leave a layer next to the skin.

Cut the skin into small pieces, arrange on baking trays and place in the sun to dry (otherwise use an oven heated to 50ºC [122ºF] or your airing cupboard).

When the melon skins are completely dry heat a deep fryer to 180ºC (360ºF) and cook until crisp and golden. Drain on kitchen paper and serve immediately, sprinkled with sea salt, black pepper and chilli flakes.

Panjeeri (Nuts, Seeds and Tree Sap Snack)

Panjeeri (Nuts, Seeds and Tree Sap Snack) is a traditional Pakistani recipe for a classic snack of mixed nuts, fruit and seeds lightly-bound with sugar.

Ingredients:

6 tbsp ata (whole wheat chapati) flour or suji (semolina) flour
2 tbsp ghee
2 tbsp grated coconut
2 tbsp ground pistachio nuts
2 tbsp ground almonds
100g (3 1/2 oz) palm sugar
50g (2 oz) Gond (this is a sugary tree sap particular to Indian and Pakistani cuisine. It can be bought in Indian stores and is thought to be particularly beneficial to nursing mothers. If not available substitute jaggery or palm sugar). To prepare fry in ghee until it puffs up then grate ready to use.
1 tbsp Char Maghaz (this is a classic mix of pumpkin, watermelon and cantaloupe seeds)
1/2 tsp dry dates, chopped
2 tbsp dry fig, chopped
2 tbsp cashew nuts, finely chopped

1/4 tsp freshly-grated nutmeg
6 green cardamom seeds, crushed
1/2 tsp powdered ginger

Method:

Heat the ghee in a pan and use to fry the ata, and gond until lightly browned. Add all the remaining ingredients and stir-fry for a few minutes, until the sugar dissolves. Make certain everything is combined then turn onto a lightly-greased baking tray. Flatten out to about 12 mm (1/2 in) thick and cut into squares. When cold, break the squares apart and store in an air-tight jar.

Gond Panjiri (Nuts, Seeds and Tree Sap Fudge)

Gond Panjiri (Nuts, Seeds and Tree Sap Fudge) is a traditional Indian recipe for a classic snack of mixed nuts, fruit and seeds bound into a fudge or toffee with sugar.

Panjiri is a classic Punjabi dish made with gond, from of dried tree sap. This is often given to nursing mothers as a tonic as it's believed to aid in the production of breast milk. Gond can be bought in many Indian stores but you can substitute Jaggery or palm sugar if you absolutely cannot get it.

Ingredients:

50g (2 oz) Gond
60ml (1/4 cup) ghee
400g (4 cups) mixed nuts, blanched and chopped (almonds, pistachios, walnuts, coconut and chironji are typical [substitute toasted hazelnuts for the chironji])
100g (1 cup) mixed seeds (pumpkin, watermelon, cantaloupe)
275g (9 1/2 oz) sugar
420ml (1 2/3 cups) water
2 tbsp golden syrup (or corn syrup)
1 1/2 tbsp ghee
1/2 tsp ground ginger

Method:

Begin by deep-frying the gond. When it puffs up remove with a slotted spoon, allow to cool then either grate or grind in a food processor.

Add 45ml of the ghee to a pan and use to toast the nuts until lightly browned. Take off the heat and set aside. Add the water and sugar to a pan, bring to a boil then turn the heat to low before adding the golden syrup and the remaining ghee. Stir well to combine then take off the heat and add the powdered gond, roasted nuts, seeds and the powdered ginger.

Allow to cool until you can handle then turn the fudge onto a lightly greased surface and pull until it forms a smooth dough. Set in a greased baking tray and flatten to about 12mm (1/2 in) thick. Smooth the top with a greased spatula then cut into squares and set aside to cool. When cold break into squares and store in an air-tight jar.

Magaj

Magaj is a traditional Indian recipe for a classic sweetmeat made from a blend of chickpea, flour and ghee with khoya (milk boiled until solid) and sugar that's cooked until setting, poured onto plates, decorated with almonds and pistachio nuts and cut into diamond shapes before serving as a sweet snack.

This is a classic Indian sweetmeat that is often served at holy festivals.

Ingredients:

50g (2 oz) Khoya, grated
10 blanched almonds
500g (1 lb) chickpea flour
250g (1/2 lb) ghee
2 tsp ground green cardamom pods
10 blanched pistachio nuts
250g (1/2 lb) sugar

Method:

Melt the ghee, allow to cool then add half to the chickpea flour and mix thoroughly to combine. Press this mixture through a fine-meshed sieve and set aside (this is known as 'besan').

Warm the remaining ghee in a wok then stir in the chickpea flour mix. Fry gently until the besan is golden brown then add the grated khoya and continue cooking gently.

In the meantime, combine the sugar with 100ml (2/5 cup) water. Heat until the sugar has dissolved then bring to a boil and cook until the syrup reaches the thread stage.

Take the besan mix off the heat then stir in the cardamom powder, followed by the sugar syrup. Mix thoroughly to combine then pour onto a greased plate or a greased baking tray. Spread out then decorate with the blanched almonds and blanched pistachio nuts.

Cut the mixture into diamond patterns then set aside to cool. Once set, break into pieces and store in an air-tight container.

Dahi (Sour Milk)

Dahi (Sour Milk) is a traditional Indian recipe for a classic curds and whey blend made by souring milk with lime juice that can be served as a snack in its own right, but which is more typically used as the base for other dishes.

Ingredients:

600ml (2 1/2 cups) whole milk
juice of 1 lime (or 3 tbsp tamarind juice)

Method:

Heat the milk until lukewarm. Take off the heat and add the lime juice. Mix thoroughly then turn into a pitcher. Surround this with cloth or towels and put in a warm place (an airing cupboard or a sunny window). In about 14 hours the dahi will be made.

It can be eaten alone or mixed with honey and fruit or used as a side dish with curries and

rice.

Mince Puffs (Goojias)

Goojias (Mince Puffs) is a traditional Anglo-Indian recipe (from the 1900s) for a classic snack of mini Cornish pasties filled with a spiced mixture of left-over meat.

Ingredients:

500g (1 lb) cold, cooked, beef or mutton, minced
1 tsp salt
3cm (2 in) length of fresh ginger, thinly sliced
2 onions, finely shredded
350g (2/3 lb) self-raising flour
1 green chilli, finely chopped
2 garlic cloves, chopped
180g (6 oz) butter or ghee

Method:

Place the minced meat in a heavy-based pan, along with the salt, ginger, onions, chilli, garlic and 60g (2 oz) of the butter or ghee. Heat until the fats melt then bring to a simmer and cook for 15 minutes, adding a little water, as needed, and stirring frequently to prevent burning.

In the meantime, dice the remaining butter and rub into the flour in a bowl. Keep rubbing the mixture between your fingertips until it resembles coarse crumbs then add just enough water to bring the mixture together as a dough (a few tablespoons should be enough).

Turn the dough out onto a floured work surface and roll out to about 3mm thick. Cut into 10cm squares then place a teaspoon of the mince mixture on each square. Fold each corner of the dough over the filling so that the meat mixture is completely enclosed in the pastry. Press down to seal the edges then arrange on a lightly-greased baking tray and transfer to an oven pre-heated to 180ºC (360ºF) and bake for about 20 minutes, or until piping hot and golden brown.

Serve immediately.

Potato Fritters

This is an excellent way of using-up left-over cooked and mashed potatoes. But it works with just about any carbohydrate staple. Sweet potatoes work just as well as potatoes and in West Africa I have used yams and plantains as well. This is even better if you have left-over roast potatoes. Simply peel and then mash them before use. Essentially any starchy vegetable that you can boil or steam and then mash until smooth can be used as a base.

Ingredients:

2 tbsp mashed potatoes
2 tbsp left-over meat or fish, minced
1 tbsp butter
2 tsp panch pharon
1/2 tsp baking powder

1 tsp green chillies, finely chopped
1 desert spoon onion (or spring onion), finely sliced
3 eggs
1 tbsp milk
salt, freshly-ground black pepper and freshly-grated nutmeg, to taste
oil for frying

Method:

Beat the eggs in a bowl. In a separate bowl, mash together the potatoes, left-over meat and butter until smooth.

Work the milk into the eggs then add the baking powder and panch phoron and beat together. Work in the potato mixture until smooth then mix in the chillies and onion.

Season to taste with salt, black pepper and nutmeg.

Heat oil to a depth of about 1cm in a deep frying pan or skillet. When the oil is hot, drop in the batter by the dessertspoonful and fry until golden brown. Flip over and fry on the other side. When cooked through and golden brown all over remove with a slotted spoon and drain on kitchen paper then fry the next batch.

Serve hot, accompanied by chutneys and dips. You should have enough batter for about 16 fritters. Personally, I really like these made with mashed plantains and served with a chilli-based salsa.

Baked Tomatoes with Curried Filling

This is a classic Anglo-Indian dish that has become part of Indian cuisine, but somehow has not survived in the UK. It makes a very tasty snack or accompaniment and can also be made with small bell peppers.

Ingredients:

6 beef tomatoes (or any other very large tomato)
2 eggs
1 tsp fresh tarragon, finely minced
4 garlic cloves, very finely chopped
100g (1/2 cup) ghee, butter or oil
2 tbsp fresh breadcrumbs, finely chopped
1 medium onion
1 tsp panch pharon
1 tsp ground turmeric

Method:

Carefully slice the tops off the tomatoes (set these aside for later) then use a small teaspoon to scoop out the insides into a bowl.

In another bowl, mix together the garlic, onion, tarragon, breadcrumbs, panch pharon and turmeric with the tomato insides. Beat the eggs until frothy then mix with the onion and spice mixture. Use this to stuff into the tomatoes.

Arrange the tomatoes in a baking dish, put on the reserved tops then scatter any of the remaining stuffing mix over the top. Drizzle over the ghee or oil then transfer to an oven pre-heated to 160ºC (320ºF) and bake for about 60 minutes, or until the stuffing is piping hot and the tomatoes are soft.

Serve hot.

Brinjal Sambal (Aubergine Sambal)

Brinjal Sambal (Aubergine Sambal) is a traditional Indian recipe for a classic fresh snack or accompaniment made by mashing together onion, tomato flesh, aubergine flesh and chillies in a mustard oil and tamarind juice base.

Ingredients:

1 dessertspoon onion, finely minced
1 dessertspoon thick tamarind paste
1 dessertspoon tomato flesh (after blanching, peeling and removing the seeds), finely chopped
2 dessertspoons aubergine flesh (after roasting, skinning and mashing)
1 green chilli, minced
1/2 tsp salt
1 tbsp ghee or mustard oil

Method:

Mash the aubergine pulp in a bowl then work in the onion, tamarind juice, tomatoes, chilli and salt. Mash with a fork and set aside.

Heat the oil in a non-stick frying pan and when hot drop in the aubergine mixture by the tablespoonful. Fry until golden brown then flip over and fry until golden brown on the other side.

Serve either hot or cold as a savoury dish or as an accompaniment with rice and chapattis or parrattas.

Kalupol Sambal

Kalupol Sambal is a traditional Sri Lankan recipe for a classic snack or accompaniment made by frying coconut flesh, onions, chillies and dried fish and then rendering the mixture to a smooth paste..

Ingredients:

1/2 coconut, flesh finely grated
3 onions, finely sliced
12 red chillies
1 tbsp smoked and dried fish, flaked (bones removed)
juice of 1 lime
1 tsp ghee
salt, to taste

Method:

Heat a non-stick pan over medium-high heat. When hot, add the coconut and dry fry until lightly golden brown. Take off the heat and turn into a flat-bottomed dish.

Heat the oil in the pan, add the onions and fry until golden brown (about 6 minutes). Turn the onions into the dish with the coconut.

Wipe the pan dry, add the chillies and dry fry until the skins blacken then chop finely and add to the coconut milk. Now add the flaked fish to the pan and dry fry for a few minutes, or until crisp.

Add this to the coconut mix. Now turn the coconut mix into a food processor (traditionally this is done using a *seel* [grinding stone]) and pulse to chop. Season with a little salt, add the lime juice and pulse to combine.

Scrape the mixture from the food processor, form into a ball and serve to accompany curry and rice.

Loochees

Loochees are the Bengali name for the dish called pooris elsewhere in Northern and Central India. They are typically served for supper, or as part of a buffet for communal gatherings. They also make excellent finger-food for cocktail parties.

Ingredients:

225g (1/2 lb) self-raising flour
225g (1/2 lb) ghee or butter

Method:

Sift the flour into a bowl, take 1 tbsp of the butter or ghee, dice it and rub into the flour. Now add enough cold water to bring the mixture together as a fairly soft dough. Knead lightly and divide into 18 balls.

Take each ball in the greased palms of your hands and press lightly into oval shapes. Dust with flour then roll out to about 10cm across.

Melt the remaining ghee or butter in a heavy-based frying pan or skillet. When the fat is smoking, put in one of the loochees and press down with a flat ladle. The base of the loochee, which is in contact with the base of the pan should swell.

As soon as this happens, flip the loochee over and cook on the other side (but do not press down this time). Drain on kitchen paper and serve immediately. Serve as a snack, or with fried potatoes or aloo dum.

Dal Kachoori

Dal Kachoori is a traditional Indian recipe (from Rajasthan) for a classic snack of flour pastries stuffed with a green lentil paste that are fried to cook.

Ingredients:

225g (1/2 lb) kalai dal (green lentils)
500g (1 lb, 2 oz) plain flour

1 tsp ground ginger
1 tsp ground cumin
1/4 tsp asafoetida (hing)
salt, to taste
500g (1 lb 2 oz) butter or ghee
30ml (2 tbsp) mustard oil

Method:

Wash the green lentils, place in a bowl, cover with plenty of water and set aside to soak over night.

The following day, drain the lentils, process in a blender or spice grinder until very fine then mix with a little water until you have a doughy mass.

Heat the mustard oil in a pan and when very hot add the ginger, cumin and asafoetida. Fry for a minute then take off the heat and cool. Stir into the lentil mixture along with the salt.

In the meantime, dice 60g (2 oz) of the butter and rub into the flour in a bowl. Keep rubbing the mixture between your fingertips until it resembles coarse crumbs then add just enough water to bring the mixture together as a dough (a few tablespoons should be enough).

Turn the dough out onto a floured work surface and roll out to about 3mm thick. Cut into 10cm (4 in) squares then place about 2 teaspoons of the lentil mixture on each square. Fold each corner of the dough over the filling so that the meat mixture is completely enclosed in the pastry.

Melt the remaining butter or ghee in a pan. When hot, drop in the kachooris and fry until golden brown and cooked through (they should puff up slightly). Drain on kitchen paper and serve hot, accompanied by a hot pickle.

Boondi

Boondi is a traditional Indian recipe for a classic snack of spiced chickpea flour batter that's deep fried in oil to cook.

Ingredients:

280g (2 cups) chickpea (basoon) flour
salt, to taste
1 tsp hot chilli powder
500ml (2 cups) groundnut oil

Method:

Combine the chickpea flour, salt and chilli powder in a bowl. Beat in enough water (about 300ml) to give a thick batter that will just flow through the holes in a perforated ladle or spoon.

Heat the oil in a pan until just boiling then gently pour the chickpea batter through the holes in the perforated ladle so that it drops into the hot oil. As soon as the batter turns golden brown lift the little cakes from the oil with a wire strainer. Drain on kitchen paper.

Serve either hot or cold (but they are best if eaten hot).

Cauliflower Bhajis

Cauliflower Bhajis is a traditional Indian recipe for a classic snack of cauliflower florets that are dipped in a spiced chickpea batter before being deep fried.

Ingredients:

250ml (1 cup) water
1 medium-sized cauliflower
140g (1 cup) chickpea (basoon) flour
salt, to taste
1 tsp baking powder
1 tsp chilli powder
1/2 tsp ground cumin seeds
1/2 tsp ground turmeric
oil for deep frying

Method:

Mix the water and chickpea flour to a smooth batter then mix in the baking powder, chilli powder, cumin, turmeric and salt.

Take the cauliflower and cut into small florets. Heat the oil in a wok or deep fryer to 180ºC (360ºC). When the oil is hot, dip the cauliflower pieces in the batter to coat then drop in the hot oil. Fry until golden brown then lift out with a slotted spoon and drain on kitchen paper.

Eat whilst still hot.

The same process can be used for asparagus, aubergines, spinach, eggs (hard-boiled quail eggs are very good), broccoli, carrots, bell peppers and chillies.

Salted Pooris

Salted Pooris is a traditional Indian recipe for a classic snack of thin flour pancakes flavoured with black cumin seeds that are shallow fried to cook.

Ingredients:

280g (2 cups) plain flour
110g (1/4 lb) butter
pinch of baking powder
1/2 tsp black cumin seeds
enough cold water to form a dough
oil or ghee for frying
salt, to taste

Method:

Sift together the flour, salt and baking powder into a bowl. Dice the butter, rub into the flour until the mixture resembles fine crumbs then add just enough water to bring the mixture together as a medium-stiff dough.

Turn onto a lightly-floured work surface and knead until smooth and elastic. Divide the resultant dough into ten pieces and shape these into balls. Roll each ball into a thin pancake on a floured work surface.

Melt ghee or heat oil to a depth of 3cm in a wok or large pan. When hot, drop the salted pooris in, one by one. Fry until golden brown and crisp then drain on kitchen paper and serve either warm or cold.

Shanker Pali

Shanker Pali is a traditional Indian recipe for a classic snack of thin flour pancakes made with sugar and ghee syrup that are rolled into thin rounds and fried in ghee or oil before serving.

Ingredients:

150g (1/3 lb) wholemeal flour
1 tbsp ghee or butter, melted
2 tbsp sugar
120ml (1/2 cup) water
ghee or oil for frying

Method:

Mix together the sugar and water and keep stirring until the sugar has dissolved then beat in the ghee or butter.

Place the flour in a bowl and gradually work in the sugar water until the flour comes together as a hard dough. Turn onto a floured work surface, knead well then set aside for 30 minutes, covered with a damp cloth, to rest.

Divide the dough into four equal pieces and roll each one out into thin pancakes. Cut each pancake into small squares.

Melt ghee or heat oil to a depth of 3cm in a wok or large pan. When hot, drop in the shanker pali squares, a few at a time. Fry until golden brown and crisp then drain on kitchen paper and serve hot.

Bhaji Curry

Bhaji Curry is a traditional Indian recipe for a classic snack of spiced chickpea flour batter that are finished in a curried onion gravy.

Ingredients:

75g (3 oz) chickpea (basoon) flour
salt, to taste
1/4 tsp hot chilli powder
1/4 tsp baking powder
1 large onion, finely chopped
1/4 tsp ground turmeric
1/2 tsp ground coriander seeds
1/2 tsp ground cumin seeds
1 tsp curry powder
2 tbsp groundnut oil
oil or fat for deep frying

Method:

Combine the chickpea flour, salt, chilli powder and baking powder in a bowl. Work in enough cold water to give you a thick batter (one that just drops off a spoon). Heat oil or fat in a deep fryer or wok to 180ºC (360ºF). When hot, drop in your batter by the teaspoonful and fry until golden brown. When cooked, remove from the oil with a slotted spoon and drop into a bowl of cold water.

Heat the groundnut oil in a pan and when hot add the onion and fry until golden brown (about 5 minutes). Now lift the bhajis from the water and squeeze any excess water from them. Add to the onion mix then add the turmeric, coriander, cumin and curry powder. Fry for 10 minutes, or until heated through.

Turn into a dish and serve with boiled rice or chapattis.

Dosai

Dosai is a traditional Indian recipe (from Madras) for a classic snack of a rice and pulse batter leavened with baking powder that's formed into pancakes and fried to cook.

Ingredients:

250g (1/2 lb) rice
75g (3 oz) urad dhal
salt, to taste
1/2 tsp baking powder
1 tbsp groundnut oil

Method:

Wash the dhal, place in a bowl, cover with water and set aside to soak over night.

The following day, drain the beans, place in a blender or coffee grinder and process until you have a smooth paste (add a little water, if needed). Turn into a bowl then mix in the salt and baking powder. Add more water, as needed to form a smooth batter. Cover and set aside to rest for 8 hours.

When ready to cook, heat the groundnut oil in a frying pan. Add the urad dhal batter and form into pancakes (use a tablespoon of the batter each time). Fry on both sides until golden brown.

Serve hot, accompanied by chutneys or curries.

Tooka (Indian Fried Potatoes)

Tooka (Indian Fried Potatoes) is a traditional Indian recipe for a classic snack of potato rounds that are part-fried, flattened and finished by frying in spiced oil.

Ingredients:

2 large potatoes, peeled and sliced into rounds about 1cm thick
120ml (1/2 cup) groundnut oil
salt, to taste
1/2 tsp chilli powder

1/2 tsp ground coriander seeds
1/2 tsp ground cumin seeds
oil for deep frying

Method:

Heat oil in a deep fryer to 180ºC (360ºF). When the oil reaches temperature add the potato slices and fry for about 6 minutes, or until half cooked. Drain the part-cooked potatoes then place each slice on a cutting board and press out to half its original thickness. Return the flattened potato slices to the hot oil and add the chilli powder, salt, coriander seeds and cumin seeds to flavour.

Fry until golden brown, drain on kitchen paper and serve hot.

Dhal Fritters

Dhal Fritters is a traditional Indian recipe for a classic snack of fritters made from a blend of ground pluses, yoghurt, egg, onions and chilli that are dropped into oil to cook.

Ingredients:

225g (1/2 lb) chana dhal
1/2 tsp salt
1/2 tbsp natural yoghurt
1 egg, beaten
3 onions, sliced
1 red chilli, pounded to a paste
2 green chillies, sliced into thin rounds
1/2 tsp ground turmeric
250ml (1 cup) mustard oil

Method:

Wash the chana dhal, place in a bowl, add just enough water to cover and set aside to soak over night. The following morning, drain the dhal then place in a food processor and render to a smooth paste.

Turn the paste into a bowl and mix in the salt, yoghurt, egg, onion, chillies and turmeric. Mix the ingredients thoroughly to combine then add just enough cold water to give you a thick batter.

Add the mustard oil to a frying pan and heat until it begins to smoke. Now add the batter by the tablespoon and fry until golden brown all over. Remove with a slotted spoon, drain on kitchen paper and serve hot.

Bygan Bhaji (Aubergine Bhajis)

Bygan Bhaji (Aubergine Bhajis) is a traditional Indian recipe for a classic snack of fried aubergine (eggplant) rounds that are finished in a lightly-spiced gravy.

Ingredients:

2 large aubergines (eggplants)
120ml mustard oil
1 tsp ground turmeric
1 tsp ground coriander seeds
1/2 tsp ground cumin seeds
1/2 tsp ground chillies (dried chillies ground in a spice or coffee grinder)
salt, to taste

Method:

Wash the aubergines well then cut into slices about 3mm thick. Heat the mustard oil in a pan, add the aubergine slices and fry until golden brown on both sides. Drain away and reserve the excess oil then arrange the fried aubergine slices on a hot plate.

Mix the spices in a bowl then add a tablespoon of boiling water and mix to a smooth paste. Combine the spice paste with the oil, pour into a pan and bring to a simmer. Add the aubergine slices and cook for 10 minutes more. Turn into a dish and serve accompanied by rice and chutney or pickle.

Gool Goolas (Sweet Fritters)

Gool Goolas (Sweet Fritters), also known as Mitha Bhajya is a traditional Pakistani recipe for a classic snack of fritters made from a blend of chickpea flour, milk, egg, sugar and raisins that are fried in butter or ghee and are often served during Ramadan.

Ingredients:

500g (1 lb) chickpea (bason) flour or self-raisin flour (or a mix)
175g (1/3 lb + 2 tbsp) brown sugar
1 egg
3 tsp fennel seeds
250ml (1 cup) milk
120g (1 cup) raisins
500g (1 lb) ghee or butter

Method:

For this recipe, personally I like a 50:50 mix of chickpea and self-raising flour. Combine the flour mix and the sugar in a bowl with the fennel seeds and mix with a fork. Work in the beaten egg then add enough of the milk, a little at a time so that the mixture forms a thick batter. Now add the raisins and mix once more.

Heat the ghee or butter in a pan and bring to a simmer. Add about four dessertspoonfuls of the batter into the oil and fry until dark brown. Remove with a slotted spoon and drain on kitchen paper as you fry the next batch.

Eat warm.

Foolowries

I found this recipe in a 1900s book on Indian cookery. I have not found a modern Indian

recipe under any similar names. However, the dish was introduced to the Caribbean and is known by the name Phoulourie in both Trinidad and Guyana.

Ingredients:

500g (1 lb) chickpea (basoon) flour
1 tsp salt
2 onions, minced
2 green chillies, minced
12 fresh mint leaves
500g (1 lb) ghee, butter or mustard oil

Method:

Combine the minced onions and minced chillies in a bowl. Add the chickpea flour and salt and stir to combine. Gradually work in cold water, a little at a time, until you have a thick batter.

Heat the ghee, butter or mustard oil in a pan. When the oil begins to smoke drop in the batter by the dessertspoonful a few at a time (ensure they are well separated). Fry until nicely browned then remove with a slotted spoon and drain on kitchen paper whilst you cook the next batch.

Serve hot.

Doddaparte Sabji Pakore (Cuban Oregano Vegetable Pakoras)

Doddaparte Sabji Pakore (Cuban Oregano Vegetable Pakoras) is a traditional Indian recipe (from the North of India) for a classic snack of shredded onions, potatoes, spinach and peas coated flavoured with Cuban oregano in a batter of chickpea (gram) flour, chillies and spices leavened with baking powder that are deep fried before serving.

Ingredients:

250g (10 oz) gram (chickpea) flour
1 large potato, julienned
2 large onions, halved and finely sliced
100g (4 oz) fresh spinach, shredded
handful of peas
2 green chillies, finely shredded
4 garlic cloves, grated
1 tsp chilli powder
1/2 tsp ajwain
1 tsp salt
1/4 tsp turmeric
1 tsp garam masala
6 tbsp doddoparte (Cuban oregano), finely chopped
1/4 tsp baking powder
water to form a batter
oil for deep frying

Method:

Sift the gram flour into a bowl then add the salt, chilli powder and ajwain. Slowly add water, stirring all the while, until you have a batter about the consistency of double cream. Beat it well with a whisk to aerate (this makes the bhajis lighter).

Add oil to a 5cm depth in a wok (it's hot enough when a little of the batter dropped in the wok sizzles and rises to the surface). Whisk the baking powder into the batter then add all the other ingredients (including the Cuban oregano) to the batter, mixing well.

Drop a scant tablespoons of the batter mix into the oil and fry until evenly browned on all sides. Lift onto kitchen paper with a slotted spoon and serve immediately with an Indian chatni.

Drinks.

Lassi

Lassi is a traditional Indian recipe (From Southern India) for a classic drink of buttermilk (or yoghurt thinned with water) flavoured with herbs and spices.

Ingredients:

120ml (1/2 cup) natural yoghurt

360ml (1 1/2 cups) cold water
1/2 tsp ground cumin seeds
1/4 tsp salt
1/4 tsp crumbled mint

Method:

This classic South Indian drink is the easiest thing in the world to make. Basically it's buttermilk flavoured with spices and herbs. If you can't get buttermilk then combine natural (plain) yoghurt with water as above. Simply place all the ingredients in a blender and blitz for 3 seconds until combined. Drink chilled.

Lassis can be served either thick or very thin, experiment with varying the amount of water to your own taste.

Banana Lassi

Banana Lassi is a traditional Indian recipe (from Northern India) for a classic drink of buttermilk (or yoghurt thinned with water) flavoured with bananas, rose water and cardamom.

This is a classic Northern Indian version (typically served in Bihar and Uttar Pradesh) of the traditional Southern Indian buttermilk drink, lassi that incorporates fruit and ground cardamom.

Ingredients:

480ml (2 cups) plain whole milk yoghurt
240ml (1 cup) iced water
240ml (1 cup) cold milk (straight from the refrigerator)
1/2 tsp ground cardamom
1 tbsp rose water
5 ripe bananas, peeled and sliced
toasted almond slivers, to garnish

Method:

Combine all the in ingredients (except the bananas) in a blender or food processor and blitz for about 5 seconds, or until completely smooth. Serve over crushed ice in a glass and garnish with slivered almonds.

Plain Lassi

Plain Lassi is a traditional Indian recipe (from Northern India) for a classic drink of buttermilk (or yoghurt thinned with water) flavoured with sugar and/or salt.

This is the very simplest form of the classic Northern Indian version buttermilk drink. Simply made with buttermilk (or plain yoghurt thinned with water) and flavoured according to taste with sugar or salt. Typically this is served in the states of Bihar and Uttar Pradesh.

Ingredients:

500ml (2 cups) natural yoghurt

2 tsp sugar or 1 tsp salt (according to taste) [or both for the North Indian flavour]
3 ice cubes
120ml (1/2 cup) water

Method:

Dissolve the sugar (or salt) in a little hot water and set aside to cool a little. Crush the ice cubes and put in a tall glass. Combine all the other ingredients and whisk to mix well then pour over the ice in the glass. Allow to chill and serve.

Mango Lassi

Mango Lassi is a traditional Indian recipe (from Southern India) for a classic drink of buttermilk (or yoghurt thinned with water) flavoured with mangoes, sugar and/or salt.

Ingredients:

1 ripe mango, peeled and chopped
150ml (3/5 cup) milk
180ml (3/4 cup) natural yoghurt
2 tsp sugar (or 1 tsp salt)

Method:

Combine the ingredients in a blender and blitz until smooth and combined. Place a little crushed ice into tall glasses, pour the lassi over and serve.

Sweet Lassi

Sweet Lassi is a traditional Indian recipe (from Northern India) for a classic drink of buttermilk (or yoghurt thinned with water) flavoured with cardamom seeds, sugar and salt.

This is the very simplest form of the classic Northern Indian version buttermilk drink. Simply made with buttermilk (or plain yoghurt thinned with water) and flavoured according to taste with sugar, salt and crushed cardamom seeds. Typically this is served in the states of Bihar and Uttar Pradesh.

Ingredients:

150ml (3/5 cup) natural yoghurt, thoroughly chilled
100ml (2/5 cup) water, thoroughly chilled
pinch of salt
2 tsp sugar
seeds from 3 green cardamom pods, crushed in a pestle and mortar

Method:

Combine the yoghurt, water, salt and sugar in a bowl or jug and whisk until smooth add the crushed cardamom seeds (reserve some for garnish) and stir to mix.

Pour into a glass containing a little crushed ice, sprinkle the reserved cardamom on top and serve.

Rooh Afza (Rose Water Tonic)

Rooh Afza (Rose Water Tonic) is a traditional Indian recipe for a classic tonic concentrate made with rose petal water, spices, lemon juice and pomegranate juice.

Rooh Afza is a commercial tonic sold in India and Pakistan and which is used as the basis for a whole range of drinks. Its use is so ubiquitous, and it's so hard to find outside the sub-Continent that we came up with this recipe for a replacement or substitute for those who can not find it easily. The commercial blend is more complex than this one, but the essence of the drink is captured here.

Ingredients:

160g (5 1/2 oz) freshly-picked rose petals
400ml (1 3/5 cups) boiling water
1 1/2 tsp green cardamom seeds
2 pieces of Cassia bark
300g (1 1/2 cups) sugar
300ml (1 2/3 cups) lemon juice
560ml (2 2/3 cups) pomegranate juice
1.2l (6 cups) water

Method:

Crush the rose petals in batches using a pestle and mortar until they form a paste. Place in a large bowl and mix-in the boiling water, cassia bark and cardamom seeds. Set aside to steep over night.

The following day strain the mixture through a fine-meshed strainer or a cheesecloth into a clean bowl. Meanwhile, combine the sugar, lemon juice and pomegranate juice in a saucepan bring to a boil and boil gently until the volume has reduced by just over a half. Take off the heat and set aside to cool then mix in with the rose water. Bottle and stir in the refrigerator

To serve, mix the concentrate with 1.5l (6 cups) water and serve over crushed ice. Note — if you are using this preparation in a recipe in place of commercial Rooh Afza you will need to add for times the volume recommended in the recipe.

Spiced Buttermilk

Spiced Buttermilk is a traditional Indian recipe for a classic drink of diluted buttermilk flavoured with chilli, ginger and curry leaves.

This is a classic Indian drink of a mildly-spiced buttermilk. It's traditionally served chilled as a thirst quencher.

Ingredients:

250ml (1 cup) buttermilk
500ml (2 cups) water
6 curry leaves
3cm (1 in) length of ginger, peeled and chopped
1 green chilli (optional)

pinch of asafoetida
1 1/2 tsp black mustard seeds
1 1/2 tsp cumin seeds
2 tbsp oil
salt, to taste

Method:

Grind together the curry leaves, ginger, chilli and asafoetida. Heat the oil in a pan and when hot add the mustard seeds. Cook until they begin to pop then stir-in the cumin seeds and fry for 10 seconds.

Combine the buttermilk and water in a jug then add the fried mustard and cumin seeds before stirring-in the ground spices. Add salt to taste, cover and refrigerate for at least 2 hours. Serve chilled.

Salty Panna

Salty Panna is a traditional Indian recipe for a classic drink of boiled green mangoes flavoured with cumin seeds and black salt mashed to a puree and thinned with water.

Black salt is an essential ingredient in many Indian dishes and it gives the dish both saltiness and a smoky flavour. It's available from most Asian and Indian stores. If you can't get it substitute ordinary salt and a dash of Angostura bitters.

Ingredients:

3 medium green mangoes
1 tsp sea salt
1 1/2 tsp black salt
1 1/2 tsp cumin seeds, dry roasted and ground to a powder
1 1/2 tsp mint leaves, finely chopped
1l (4 cups) water

Method:

Wash the mangoes well then place in a pan, cover with water, bring to a boil then reduce to a simmer and cook until tender. Drain and set aside to cool until you can handle them. Peel the skins away and remove the flesh. Mash the flesh in a bowl until pulpy then add the cumin seeds, salts and mint leaves.

Add the water to the mix and whisk to form a smooth paste. Cover and place in the refrigerator for 2 hours. Check for taste and if too bitter add a little salt if too sour add a little sugar. Serve chilled in tall glasses.

Sweet Panna

Sweet Panna is a traditional Indian recipe for a classic drink of boiled green mangoes flavoured with sugar, cardamom seeds and saffron that are boiled to thicken and dissolved in water before use.

Ingredients:

2 medium green mangoes
400g (2 cups) sugar
1 1/2 tsp green cardamom seeds, crushed
1 1/2 tsp saffron threads
freshly-grated nutmeg to taste

Method:

Wash the mangoes well then place in a pan, cover with water, bring to a boil then reduce to a simmer and cook until tender. Drain and set aside to cool until you can handle them. Peel the skins away and remove the flesh. Mash the flesh in a bowl until pulpy then pass through a fine-meshed sieve to ensure that the pulp is as fine as possible.

Transfer the pulp to a pan, add the sugar and spices and stir to combine. Bring to a boil, stirring continuously to prevent sticking, then take off the heat and allow to cool. Transfer to a lidded jar and store in the refrigerator (it will keep for up to a week). When ready to use add about 3 tbsp of the thickened panna to a glass to cold water and stir to combine.

Am Ka Panna (Spiced Mango Sherbet)

Am Ka Panna (Spiced Mango Sherbet) is a traditional Indian recipe for a classic drink of boiled green mangoes flavoured with sugar, spices and black salt that's boiled to thicken and dissolved in water before use.

Ingredients:

2 large, raw, mangoes
2 tsp ground cumin seeds
1 tsp black peppercorns, crushed in a mortar
black salt, to taste
1/4 tsp asafoetida
150g sugar

Method:

Wash the mangoes then place in a pan of boiling water and cook for about 15 minutes, or until tender. Drain the mangoes and set aside to cool.

Peel the mangoes and cut off the pulp. Mash the pulp then press through a fine-meshed sieve with the back of a spoon to extract as much of the purée as possible.

Add the ground cumin seeds, black peppercorns, black salt, asafoetida and sugar to the mango purée and stir until the salt and sugar have dissolved.

Divide the resultant drink between four tall glasses. Fill-up with chilled water, stir to combine and serve immediately.

Black Grape Sherbet

Black Grape Sherbet is a traditional Indian recipe for a classic drink of black grape juice flavoured with sugar, spices, tamarind pulp and black salt that's served with crushed ice.

Ingredients:

1l (4 cups) black grape juice
1 tsp fennel seeds
1/2 tsp ajwain (carob) seeds
3/4 tsp cumin seeds
3 tsp black salt
1 1/2 tbsp tamarind paste
crushed ice
grapes, halved, to garnish

Method:

Heat a non-stick pan over high heat. When hot, use to individually dry fry the whole spices until lightly browned and aromatic. Allow the spices to cool then turn into a spice grinder or a coffee grinder. Add the black salt and grind to a fine powder.

Pour the grape juice into a jug then stir in the spice mixture along with the tamarind pulp. Add a generous scoop of crushed ice and stir well to combine.

Divide between tall glasses, garnish with a few halved grapes and serve.

Lemon Sherbet

Lemon Sherbet is a traditional Indian recipe for a classic drink of lemon juice flavoured with sugar, spices, and mint leaves that's diluted with chilled water before serving.

Ingredients:

25ml (2 tbsp) freshly-squeezed lemon juice
2 tsp fresh mint leaves, chopped
1 tsp chaat masala
1/2 tsp black salt
4 tsp granulated sugar
pinch of salt
150ml (3/5 cup) mineral water, well chilled

Method:

Combine all the ingredients in a blender or food processor. Process until smooth then pour into a tall glass and serve.

Pineapple Aabshola (Pineapple Sherbet)

Pineapple Aabshola (Pineapple Sherbet) is a traditional Indian recipe for a classic drink of fried and stewed pineapple juice that are blended with lychees and ice and served in tall glasses .

Ingredients:

1 medium pineapple
50g (2 oz) powdered sugar

6 fresh mint leaves
black salt, to taste
4 lemongrass stalks
8 black peppercorns, crushed
2 lychees, peeled and pitted
100g (4 oz) crushed ice

Method:

Thinly pare the pineapple then cut into slices and dust these with the powdered sugar. Wash the mint leaves then arrange these on a non-stick frying pan with the pineapple slices. Heat the frying pan gently, turning the pineapple slices over from time to time, until they caramelize.

After 5 minutes, add 100ml water, bring to a simmer and cook for 3 minutes more. Take off the heat and allow to cool then turn into a blender and add the lychee flesh. Process until smooth then add the black salt and blend once more. Add the crushed black peppercorns and the crushed ice and blend once more, until smooth.

Divide the mixture between champagne glasses, garnish with a stalk of lemongrass and serve.

Badam Sherbet (Ground Almond Sherbet)

Badam Sherbet (Ground Almond Sherbet) is a traditional Indian recipe for a classic drink made from a ground almond, milk and cream puree sweetened with icing sugar and flavoured with rose water that's chilled with crushed ice and served in tall glasses.

Ingredients:

120g (4 oz) ground almonds (badam)
500ml (2 cups) whole milk
2 tbsp double cream
75g (3 oz) icing sugar
2 tbsp rose water
2 scoops crushed ice

Method:

Combine the ground almonds, milk, cream and icing sugar in a blender. Process until smooth then add the rose water and pulse to mix.

Add the crushed ice and pulse to chill and mix (but do not process until smooth). Divide between tall glasses and serve immediately.

Gulat Ka Sharbat (Rose Petal and Pomegranate Sherbet)

Gulat Ka Sharbat (Rose Petal and Pomegranate Sherbet) is a traditional Indian recipe for a classic drink made from a blend of lemon juice, pomegranate juice, rose petals, sugar and cardamom that's stored to mature and mixed with crushed ice before serving.

Ingredients:

juice of 2 lemons
250ml (1 cup) pomegranate juice
500ml (2 cups) aromatic rose petals (damask rose are best)
200g (1 cup) granulated sugar
1/2 tsp ground cardamom

Method:

Place the rose petals in a mortar and pound to a paste with a pestle. Scrape the petal paste into a glass bowl and pour over 250ml (1 cup) of boiling water. Sprinkle over the cardamom powder and stir to combine.

Allow to cool, cover with clingfilm and set aside to macerate in the refrigerator over night. The following day, strain the rose petal extract through a fine-meshed sieve. Add the sugar to the liquid and stir until dissolved.

When the sugar grains have vanished stir in the lemon and pomegranate juices and stir well to combine. Pour into clean bottles and store in the refrigerator to mature for 3 days.

Add an equal volume of crushed ice to the syrup before serving in tall glasses.

Mango Sherbet

Mango Sherbet is a traditional Indian recipe for a classic drink made from a blend of mango pulp, rose water, milk, sugar and cardamom that's served chilled.

Ingredients:

500g (1 lb) ripe mango pulp
1 tbsp rose water
500ml (2 cups) whole milk
1 tsp ground cardamom
4 tbsp caster sugar
300ml (1 1/4 cups) cold water
mango slices

Method:

Scrape the mango pulp into a blender and add half the milk along with the cardamom, sugar and rose water. Process until smooth then pour into a large bowl and stir in the remaining milk and the water. Cover with clingfilm (plastic wrap) and refrigerate for 3 hours, or until thoroughly chilled. Serve in tall glasses, garnished with a slice of mango.

Zafrani Sherbet

Zafrani Sherbet is a traditional Indian recipe for a classic drink made from a blend of milk, saffron, sugar, cardamom, nuts and almond and saffron ice cream blended together and served in tall glasses.

Ingredients:

1.5l (6 cups) milk

10 saffron threads
4 tbsp granulated sugar
pinch of green cardamom powder
12 blanched almonds, slivered
8 pistachio nuts, blanched and slivered
4 scoops of kesar badam kulfi (almond and saffron ice cream)

Method:

Crumble the saffron threads into a cup, add 4 tbsp of the milk and set aside to infuse.

Pour the remaining milk into a thick-bottomed pan and bring just to a boil. Reduce to a simmer and cook for 10 minutes more. At this point, stir in the sugar, cardamom powder and the saffron mixture. Bring back to a simmer and cook for 5 minutes more.

Take the pan off the heat and sir in the slivered almonds and pistachio nuts. Turn into a bowl, allow to cool then refrigerate for at least 3 hours, or until thoroughly chilled.

When cold, divide the sherbet between four tall glasses. Add a scoop of kesar badam ice cream and serve immediately.

Yoghurt Sharbat

Yoghurt Sharbat is a traditional Indian recipe (from the region of Bengal) for a classic drink made with yoghurt flavoured with spices, chillies, coriander leaves and mint leaves.

Ingredients:

200g (4/5 cup) Greek or set yoghurt
black salt, to taste
1/2 tbsp sugar
1/2 tbsp chat masala
pinch of ground cumin
2 green chillies, slit lengthways
1 bunch coriander leaves
1 bunch mint leaves

Method:

Beat the yoghurt in a bowl until soft. Combine the mint leaves, green chillies and coriander leaves in a blender and process until finely chopped. Add this mixture to the beaten yoghurt then season with the black salt, sugar, chat masala and cumin powder.

Beat to combine then transfer to the refrigerator to chill for at least 2 hours then serve.

Santra Pudina ka Sharbat (Orange Juice and Mint Sharbat)

Santra Pudina ka Sharbat (Orange Juice and Mint Sharbat) is a traditional Indian recipe for a classic drink made from a blend of orange juice, mint leaves, lemon juice, orange zest and sugar.

Ingredients:

500ml (2 cups) fresh orange juice

2 tsp fresh mint leaves, chopped
1 tsp lemon juice
120ml (1/2 cup) water
1 tsp pared orange zest, shredded
sugar, to taste (60g [2 1/2 oz] makes a decent syrup)

Method:

Combine the water and sugar in a pan then bring to a boil to form a syrup. Add the orange juice, mint leaves, lemon juice and orange zest. Return to a boil then take off the heat, cover the pan then set aside to infuse at room temperature for at least 60 minutes.

Strain the liquid then chill in the refrigerator for at least 2 hours. Serve in tall glasses, topped with crushed ice and garnished with orange zest and mint sprigs.

Sharbat Gulab (Rose Petal Sharbat)

Sharbat Gulab (Rose Petal Sharbat) is a traditional Indian recipe for a classic drink made from a blend of sugar, cardamom seeds, lime juice, pomegranate juice and rose petals.

Ingredients:

600ml (2 1/2 cups) water
800g (4 cups) sugar
1/2 tsp green cardamom seeds
60ml (1/4 cup) fresh lime juice
60ml (1/4 cup) pomegranate juice
1l (4 cups) fresh rose petals, white bases of petals removed

Method:

Combine the water and sugar in a heavy-bottomed pan. Heat until all the sugar has dissolved then add the green cardamom seeds along with the lime juice and pomegranate juice. Bring the mixture to a boil then take off the heat.

Crush the rose petals in a mortar then transfer to a heat-proof bowl. Rinse any paste in the mortar out with a little of the syrup then pour all the syrup into the bowl. Set aside until it cools to room temperature. Cover with clingfilm and store in the refrigerator over night. The following day strain the mixture and discard any solids.

Bottle and store. To serve, mix one part of the rose syrup with three parts of water and pour over ice in a tall glass.

Kakhi Lassi (Rose Syrup Lassi)

Kakhi Lassi (Rose Syrup Lassi) is a traditional Indian recipe (from the region of the Punjab) for a classic drink made from a blend of milk, rose syrup and sugar.

This is a traditional beverage of the Sikhs in Punjab where this form of Lassi is served in honour of the supreme sacrifice by the fifth Guru, Arjun Dev.

Ingredients:

250ml (1 cup) milk
120ml (1/2 cup) water
60ml (1/4 cup) rose syrup (see the Sharbat Gulab recipe for how to make this)
2 tbsp sugar
6 ice cubes

Method:

Combine the milk, water, rose syrup and sugar in a bowl. Beat in a bowl until the sugar dissolves and the milk is a little frothy. Serve over ice.

Sharbat Gurhal (Hibiscus Flower Sharbat)

Sharbat Gurhal (Hibiscus Flower Sharbat) is a traditional Indian recipe for a classic drink made from a blend of sugar, cardamom seeds, lime juice and dried red hibiscus flowers.

Ingredients:

600ml (2 1/2 cups) water
800g (4 cups) sugar
1/2 tsp green cardamom seeds
60ml (1/4 cup) fresh lime juice
1l (4 cups) dried red hibiscus (also known as roselle or bissap) flowers

Method:

Combine the water and sugar in a heavy-bottomed pan. Heat until all the sugar has dissolved then add the lime juice. Bring the mixture to a boil then take off the heat.

Lightly crush the bissap in a mortar then transfer to a heat-proof bowl. Rinse any powder in the mortar out with a little of the syrup then pour all the syrup into the bowl. Set aside until it cools to room temperature. Cover with clingfilm and store in the refrigerator over night. The following day strain the mixture and discard any solids.

Bottle and store. To serve, mix one part of the rose syrup with three parts of water and pour over ice in a tall glass.

Spinach and Bell Pepper Smoothie

Spinach and Bell Pepper Smoothie is a traditional Indian recipe for a classic smoothie made from a blend of spinach, bell peppers, vegetables, tomatoes and ginger in a water base.

Ingredients:

80g (3 oz) young spinach leaves, washed
80g (3 oz) red or green bell pepper, washed and chopped
60g (2 1/4 oz) broccoli florets, chopped
35g (1 1/4 oz) fresh coriander leaves, chopped
120g (4 oz) tomatoes, blanched, peeled, de-seeded and chopped
2 tsp fresh ginger, peeled and chopped
1/2 tsp fresh lemon juice

180ml (3/4 cups) water
sea salt and freshly-ground black pepper, to taste
cayenne pepper, to taste

Method:

Combine all the ingredients in a blender and process for about 30 seconds. Adjust the level of seasonings (salt, black pepper, cayenne pepper and lemon juice) to taste then process until smooth. Serve in a glass over crushed ice.

Adrak Nimboo Pani

Adrak Nimboo Pani is a traditional Indian recipe for a classic cordial-style drink made from ginger, black peppercorns and limes sweetened in water.

Ingredients:

5cm (2 in) length of fresh ginger, peeled and grated
1l (4 cups) water
1 tsp black peppercorns
500g (2 1/2 cups) sugar
12 limes, juiced
1l (4 cups) water

Method:

Combine the ginger, water, black peppercorns and sugar in a heavy-based saucepan. Bring the mixture to a boil then reduce to a low simmer and allow to steep for 10 minutes. Take off the heat and set aside to cool.

Add the lime juice to the ginger base then stir in the additional 1l (4 cups) water. Strain the liquid, discarding the solids, then pour into bottles and store in the refrigerator.

Serve over ice.

Kesar Lassi (Saffron Lassi)

Kesar Lassi (Saffron Lassi) is a traditional Indian recipe for a classic drink made from a blend of yoghurt, cream and sugar mixed with saffron-infused milk.

Ingredients:

For the Saffron Extract:
2 tbsp milk
10 saffron threads
For the Age Lassi:
360ml (1 1/2 cups) dahi yoghurt (any thick natural yoghurt will do)
60ml (1/4 cup) whipping cream
2 tbsp sugar
4 drops kewra essence (available in Asian stores)
1/2 tsp crushed green cardamom seeds

To Make the Lassi:
6 ice cubes
dab of softened butter, to garnish (optional)

Method:

Begin with the saffron extract. Bring the milk to the scalding point, crush the saffron threads in your palm and add to the hot milk. Take off the heat and set aside to cool. When cooled place in the refrigerator and chill for at least 2 hours before use. Also ensure that the yoghurt and whipping cream have also been chilled for at least 2 hours.

Now prepare the Age Lassi. Combine the saffron extract, yoghurt, whipping cream, sugar, kewra essence and crushed cardamom seeds in a bowl. Whisk gently to combine then transfer to the refrigerator and chill for at least 2 hours.

For the final preparation of the lassi transfer the chilled age lassi to a blender. Process for 5 minutes to aerate the mixture then add the ice cubes and process for 2 minute more. Pour into tall glasses, garnish with a dab of butter and serve.

Mango Sharbat

Mango Sharbat is a traditional Indian recipe for a classic drink of pureed mango, lemon juice, orange juice and rose syrup served over ice and topped with club soda before serving.

Ingredients:
120g (4 oz) mango flesh, cubed
1 tbsp fresh lemon juice
2 tbsp orange juice
6 tbsp rose syrup (see the Sharbat Gulab recipe for how to make this)
80g (3 oz) ice cubes
500ml (2 cups) club soda, chilled
2 mint leaves

Method:

Combine the mango, lime juice, orange juice, rose syrup and ice in a blender. Process until smooth then divide the mixture between two tall glasses. Top with the club soda, garnish with a mint leaf and serve.

Aloo Bukhara Sharbat (Plum Sharbat)

Aloo Bukhara Sharbat (Plum Sharbat) is a traditional Indian recipe for a classic drink of plum extract served by mixing with water and sugar.

This is a traditional drink that's typical of the Punjab region of India.

Ingredients:

For the Plum Extract:
450g (1 lb) plums

375ml (1 1/2 cups) water
2 tbsp fresh lime juice

For the Plum Syrup:
750ml (3 cups) water
800g (4 cups) sugar

Method:

Wash the plums then combine in a large pan with the water. Bring to a boil and cook for 5 minutes then take off the heat and either smash with a pestle or a potato masher. Add to the heat, return to the hot and simmer for 10 minutes. At this time take off the heat and strain through a fine-meshed sieve lined with muslin. Reserve the liquid and discard the solids.

To make the plum syrup, combine the water and sugar in a heavy-based pan. Heat until all the sugar has dissolved then bring to a boil and continue boiling for 5 minutes. Stir in the plum juice and continue cooking for 5 minutes then take off the heat and allow to cool. Pour into bottles and store in the refrigerator.

To make the sharbat, mix one part syrup with three parts water. Serve over ice, garnished with julienned ginger and peppermint leaves.

Lassi Gulab (Rose Lassi)

Lassi Gulab (Rose Lassi) is a traditional Indian recipe for a classic yoghurt-based drink sweetened with sugar and chilled with ice that's flavoured with rose water.

Ingredients:
600ml (2 1/2 cups) natural yoghurt
100g (1/2 cup) caster sugar
1 tbsp rose water
180ml (3/4 cup) iced water
100g (3 1/2 oz) cracked ice cubes
a few fragrant rose petals (bitter white bases removed), to garnish

Method:

Combine the yoghurt, sugar, rose water and iced water in a blender. Process for two minutes, until smooth then add the ice and process for 2 minutes more.

Pour the resultant lassi into tall, well-chilled, glass, garnish with the rose petals and serve.

Kokam Sharbat

Kokam Sharbat is a traditional Indian recipe for a classic drink made from a sugar syrup flavoured with dried kokam (mangosteen) skins and finished with spices before being served chilled.

Ingredients:

For the Chashni (sugar syrup):

500ml (2 cups) water
400g (2 cups) sugar

75g (3 oz) chopped, dried, kokam (mangosteen)
ground fenugreek, to taste
freshly-ground black pepper, to taste
black salt, to taste

Method:

Begin with the chashni (sugar syrup). Combine the sugar and water in a heavy-based pan. Heat gently until the sugar dissolves, then bring to a boil and cook, stirring constantly, for about 5 minutes. As the sugar syrup cooks, remove any scum from the surface with a spoon.

At this point, check the syrup. Put a drop of the syrup on a plate. Allow it to cool until it can be touched. Now touch the drop with a forefinger then touch your thumb and forefinger together and pull them apart gently. If a single thread is formed that does not break as you gently pull your thumb and forefinger apart, then the chashni is ready.

Take the syrup off the heat. Pour 300ml into a bowl and stir in the kokam fruit. Set aside to steep in the syrup for at least 6 hours. At this point, crush the kokam to extract as much of its juice as possible then pass the syrup through a fine-meshed sieve. The kokam will colour the syrup red.

To serve, mix one part of the kokam syrup with thee parts of cold water and sweeten to taste with sugar. Add ground fenugreek, freshly-ground black pepper and black salt to taste. Stir the mixture well and serve chilled.

Masala Soda

Masala Soda is a traditional Indian recipe for a classic drink made from a base of soda water flavoured with kokam syrup, lemon juice, mint leaves and black pepper, served over ice in a tall glass.

Ingredients:

800ml (3 1/2 cups) soda water, thoroughly chilled
6 tbsp kokam syrup (mangosteen syrup) [see the recipe for kokum sharbat for how to prepare this]
1 tbsp lemon juice
6 black peppercorns, crushed
1/2 tbsp black salt
12 fresh mint leaves, roughly torn
crushed ice

Method:

Combine the kokam syrup and rock salt in a glass pitcher. Add the lemon juice and black peppercorns then stir to combine. Top up with the soda water and stir once more. Adjust the seasoning, if needed then half-fill four tall glasses with crushed ice. Top with the mint leaves then pour over the soda mixture and serve.

Aloo Bharta (Spicy Mashed Potatoes)

Aloo Bharta (Spicy Mashed Potatoes) is a traditional Indian recipe for a classic relish of mashed potatoes blended with onions, garlic, lime juice and mustard oil that's served warm to accompany curries.

Ingredients:

1 medium-sized onions, very finely chopped
2 green chillies, very finely chopped
8 medium potatoes, peeled and boiled until tender
salt, to taste
1 tsp mustard oil
juice of 1 lime

Method:

Mash the potatoes until smooth. Combine the onions and garlic in a bowl and squeeze the lime juice over them then mix in the mustard oil. Season with salt to taste then add this mixture to the mashed potatoes. Mix thoroughly to combine.

Serve warm.

Brinjal Bharta (Spicy Mashed Aubergines)

Brinjal Bharta (Spicy Mashed Aubergines) is a traditional Indian recipe for a classic relish of mashed aubergines (eggplants) blended with onions, chillies, lime juice and mustard oil that's served warm to accompany curries.

Ingredients:

1 medium-sized onions, very finely chopped
2 green chillies, very finely chopped
juice of 1 lime
2 large aubergines (brinjals)
1 tsp mustard oil
salt, to taste
olive oil

Method

Wash the aubergines then rub the skins with olive oil. Set on a baking tray, place in an oven pre-heated to 180ºC (355ºF) and bake for about 40 minutes, or until soft. Remove from the oven, cut in half lengthways and scoop out the insides. Mash the aubergine flesh in a bowl.

Combine the onions and garlic in a bowl and squeeze the lime juice over them then mix in the mustard oil. Season with salt to taste then add this mixture to the mashed aubergines. Mix thoroughly to combine.

Serve warm.

Tamatar Bharta (Spicy Mashed Tomatoes)

Tamatar Bharta (Spicy Mashed Tomatoes) is a traditional Indian recipe for a classic relish of mashed tomato pulp blended with onions, ginger, chillies, lemon juice and mustard oil that's served warm to accompany curries.

Ingredients:

6 large tomatoes
1/2 tsp red chillies, pounded to a paste
pinch of ground ginger
1/2 tsp mustard oil
1 onion, very finely chopped
2 tbsp lemon juice
salt, to taste
olive oil for brushing

Method:

Brush the tomatoes with a little olive oil, set on a baking tray then place in an oven pre-heated to 180ºC (355ºF) and bake for about 15 minutes, or until the skins begin to crack. Remove the tomatoes from the oven, place in a bowl and cover with clingfilm. Allow to cool until they can be handled then skin the tomatoes.

Mash the flesh and seeds in a bowl until smooth before mixing in the chillies, ginger, mustard oil, lemon juice, onion and salt. Mix thoroughly to combine and serve.

Herinag Bharta (Spicy Mashed Herring)

This is an Anglo-Indian version of bharta using herring as one of the main ingredients. But, as a relish, it's one of the tastiest versions.

Ingredients:

1 large herring
1 onion, very finely chopped
3 red chillies, very finely chopped
juice of 1 lime
1 large potato, boiled and mashed (optional)
salt, to taste

Method:

Clean and scale the herring then wash and either grill or barbecue until cooked through (it tastes better if barbecued). Bone the herring (but leave the skin) then mash the flesh and skin in a bowl.

Add the onion and chillies along with the lime juice. Mash to combine then stir in the hot mashed potato. Season to taste with salt and serve warm.

Ballychow

This is a classic Indian breakfast relish with thousands of local variants that's also used as a base for some curries.

Ingredients:

500g (1 lb) dried prawns, all shells removed
1 dessertspoon dried chillies, ground to a powder
200ml (4/5 cup) mustard oil or ghee
120ml (1/2 cup) tamarind juice
4 curry leaves
1 dessertspoon fresh ginger, finely grated

Method:

Pound the prawns in a mortar then add the chilli powder and the ginger and pound to combine.

Heat the mustard oil in a pan and when hot drop in the curry leaves. Fry for 1 minute then

stir in all the remaining ingredients. Cook for 10 minutes, stirring constantly, then turn into a bowl and set aside until cool.

Transfer to a cleaned and sterilized jar and top up the oil so that it sits 1cm above the level of the other ingredients. As long as the other ingredients sit below the level of the oil the ballychow will keep for many months.

Saltfish Ballychow

Saltfish Ballychow is a traditional Indian recipe for a classic relish of saltfish meat mixed with tomatoes, onions, garlic, chillies, tamarind and ginger and which is acidified with vinegar and coloured with saffron before being cooked, cooled and potted.

Ingredients:

500g (1 lb) boned saltfish
300g (2/3 lb) onions, minced
60g (2 oz) garlic
120g (4 oz) green chillies
120g (4 oz) fresh ginger
300g (2/3 lb) fresh tamarind, de-seeded and grated
1 tbsp ghee or butter or mustard oil
1.35kg (3 lb) tomatoes
1/2 tsp salt
12 saffron threads, crumbled
420ml (1 3/4 cups) vinegar

Method:

Combine the saltfish and tomatoes in a large bowl. Pour over enough hot water to cover. Allow to soak for a couple of minutes then take out the tomatoes and remove skins. Skin the saltfish then return to the bowl and soak for about 30 minutes or until softened. Flake the fish and discard the bones.

Mince all the ingredients finely then combine the onions, garlic, chillies and ginger together in a bowl. Soak the shredded tamarind pulp in the vinegar.

Heat the fat or oil in a pan, add the saltfish and fry until browned. Crumble in the saffron then add the remainder of the ingredients and boil until thick. Take off the heat and set aside.

When cold, pot the ballychow mixture into jars, label and store.

Tamarind Fish Relish

Tamarind Fish Relish is a traditional Indian recipe for a classic relish of white fish cooked in spiced tamarind pulp and vinegar that's potted and fried in oil before serving.

Ingredients:

1.35kg (3 lb) white fish, cut into 1cm cubes
1kg (2 lb) tamarind pulp
45g (1 1/2 oz) red chillies, finely sliced

15g (1/2 oz) garlic, finely sliced
120g (4 oz) fresh ginger, peeled and finely sliced
15g (1/2 oz) ground cumin seeds
45g (1 1/2 oz) ground turmeric
salt
600ml (2 1/2 cups) vinegar

Method:

Place the tamarind pulp in a bowl, remove all stones and fibre, then pour over enough of the vinegar to just cover and set aside to soak for 12 hours.

Clean the fish then dry thoroughly on a cloth. Arrange in a flat dish, sprinkle with salt and turn the pieces at intervals for 30 minutes for 12 hours.

Strain the tamarind liquid through a coarse muslin cloth. Combine the turmeric and cumin in a small cup then mix in enough vinegar to bring the ingredients together as a smooth paste. Turn into a bowl then mix in the ginger, garlic and chillies. Add more vinegar, as necessary.

When the fish has been salted for 12 hours, wipe off any excess salt. Take a large, wide-mouthed jar and place some of the curry paste in the base. Lay over this some of the fish slices and top with more of the curry paste and some of the tamarind pulp. Repeat the layering process until all the fish has been added to the jar, ensuring that you finish with the curry paste and tamarind. If you have any left-over ingredients place these in the top of the jar.

Pour in enough vinegar to cover all the ingredients then secure with an air-tight vinegar-proof lid. Set aside to infuse for a fortnight. After this time, fry as much of the mixture as you need for each meal, cooking it in ghee or mustard oil.

Serve to accompany curries.

Baigan Bharta (Spicy Mashed Aubergine Relish)

Baigan Bharta (Spicy Mashed Aubergine Relish) is a traditional Indian recipe for a classic relish of roasted and peeled aubergines that is mashed and fried with peas, spices, onion and tomato before being garnished with coriander (cilantro) and that's served warm to rice and flatbreads.

Ingredients:

1 medium aubergine (baigan)
100g (1 cup) cooked garden peas
1 onion, finely chopped
1 tomato, finely chopped
1 green chilli, finely chopped
1/2 tsp red chilli powder
1/2 tsp garam masala
1/2 tsp ground turmeric
3 tbsp groundnut oil (or vegetable oil)
salt, to taste
oil for brushing

coriander leaves, shredded, to garnish

Method:

Wash and dry the aubergine then brush with the oil and either roast over a gas burner on medium heat, turning frequently until the skin begins to blacken and it's cooked through. Alternatively, set in a baking dish, place in an oven pre-heated to 180ºC (355ºF) and bake for about 30 minutes, or until soft.

Cool under cold, running, water and remove the skin. Mash the flesh in a bowl and set aside.

Heat the groundnut oil in a wok or kadhai and add the chilli and onion. Fry over medium heat for about 5 minutes, or until golden brown. Now stir in the chilli powder, turmeric, garam masala and salt. Stir to combine then add the tomatoes and cook for about 10 minutes, or until the tomatoes bread down to form a sauce.

Now stir in the coked peas and the mashed aubergine. Stir well to combine and fry for about 6 minutes over medium heat.

Turn into a warmed serving dish, garnish with the shredded coriander leaves and bring to the table. This is typically served with plain rice and roti.

Makai Bharta (Spicy Mashed Sweetcorn)

Makai Bharta (Spicy Mashed Sweetcorn) is a traditional Indian recipe (from Gujarat) for a classic relish of mashed sweetcorn blended with onions, tomatoes and spices that's fried and served warm to accompany curries.

Ingredients:

1kg (2 lb) fresh corn cobs
3 medium tomatoes, chopped
3 medium onions, finely sliced
1/2 tsp cumin seeds
2 tbsp oil
2 bayleaves
7 green chillies, chopped
1/2 tsp garam masala
1 tsp ground turmeric
1 tsp ground coriander seeds
coriander leaves, shredded, to garnish

Method:

Bring a large pan of water to a boil, add the corn cobs and boil for about 15 minutes, or until the kernels are tender. Drain the cobs, and using a sharp knife cut off the corn kernels. Turn into a blender and grind coarsely.

Heat the oil in a kadhai or a wok. When hot, add the cumin seeds and bayleaves. When the cumin seeds begin to pot add the onions and fry for about 5 minutes, or until golden brown. Now add the chillies and fry for 30 seconds more. Stir in the turmeric, garam masala, red chilli

powder, salt and ground coriander seeds and stir well to combine.

Fry for about 1 minute then add the tomatoes and cook for about 10 minutes, or until the tomatoes bread down. Stir in the sweetcorn and season with salt. Now add just enough water to give you a thick paste. Bring to a simmer and cook for 5 minutes more.

Turn into a warmed serving dish, garnish with the shredded coriander leaves and serve. This is typically served with plain rice and roti.

Chicken Bharta (Spicy Mashed Chicken)

Chicken Bharta (Spicy Mashed Chicken) is a traditional Pakistani recipe for a classic relish of steamed chicken meat blended with onions, spices, eggs and tomato that's fried to cook and served with rice, salad and rotis.

Ingredients:

1 whole chicken, jointed
1 large onion, finely chopped
1 small tomato, chopped
2 hard-boiled eggs
1 bunch of fresh coriander leaves, coarsely chopped
1/2 tsp garam masala
hot chilli powder, to taste (about 1/2 tsp)
1 1/2 tbsp ground coriander seeds
1 1/2 tbsp Tandoori Masala
1/2 tsp fenugreek seeds, dry-roasted and coarsely ground
1/2 tsp ground turmeric
salt, to taste
1 tsp fresh ginger, pounded to a paste
a few drops of rosewater
3 tsp vinegar
2 tsp cooking oil

Method:

Mix salt with 1 tsp of the vinegar and rub all over the chicken pieces then set aside in a bowl for 15 minutes. Now season the chicken pieces with 2 tsp of vinegar the ground turmeric, hot chilli powder and 1/2 tsp ground coriander seeds.

Set in a steamer basket, place over a pan of boiling water and steam for about 30 minutes, or until cooked through and tender. Strip the skin from the chicken then take the flesh off the bones. Put the chicken meat in a blender and mince (reserve some of the cooking stock).

Heat the oil in a kadhai or a wok. Add the ginger, onion and tomato and fry for about 5 minutes. Now add the minced chicken, ground coriander seeds, garam masala and tandoori masala. Continue frying until the oil comes to the top. Add a little of the reserved stock, bring to a boil and cook down until it thickens to a gravy-like consistency.

Separate the yolks from the eggs, mash and stir into the bharta. Cook for a few minutes more then turn into a serving dish. Sprinkle over a few drops of rosewater. Shred the egg whites

and mix with the coriander leaves and ground fenugreek. Use this mixture to garnish the dish and serve.

Typically this is served with plain boiled rice, a salad and rotis.

Vinde Audly

This is another variant of Goan vindaloo, made with salt pork, which is typically served as a relish rather than a main meal (though it makes a good meal with rice, pickle and flatbreads).

Ingredients:

1kg (2 lb) salt pork, sliced into large cubes
30 large, red, dried chillies
2cm (1 in) length of turmeric, peeled and chopped
1 1.2 tsp ground cumin seeds
1 whole head of garlic, cloves separated and peeled
3/4 tsp ground mustard seeds
300ml (1 1/4 cups) vinegar

Method:

Arrange the cubes of pork on a baking tray. Either set in the sun to dry all day, or place in a warm oven for about 4 hours (but be careful only to dry the and not to cook them).

Coarsely chop the chillies, place in the vinegar and set aside to soak over night. The following day, drain the chillies, (reserve the vinegar) and mash them to a paste with the turmeric, cumin, mustard and garlic. Gradually work in the reserved vinegar until completely combined then pour into a wide-mouthed jar.

Gently add the pieces of dried pork into the jar, ensuring that the liquid completely covers the meat at all times. Seal the jar with a vinegar-proof lid. After two days, some of the liquid will have been absorbed by the meat. Top-up with more vinegar if this is the case, to ensure the meat remains covered.

When wanted, remove as many of the pork pieces as you need from the vinegar. Place in a pan, cover with water and boil until the meat is tender and the liquid has reduced down to a thick sauce. Serve warm as an accompaniment to curry and rice.

Pudda

Pudda is a traditional South Indian recipe for a classic relish of crisp-fired fish preserved in vinegar with chillies, turmeric and garlic that are drained and fried prior to serving.

Ingredients:

1kg (2 lb) firm white fish
100 (3 1/2 oz) dried red chillies
two pieces of turmeric root (each 3cm long)
1 bulb of garlic, cloves separated and peeled
2 dessertspoons ground cumin
750ml (3 cups) vinegar

200g (7 oz) tamarind paste
salt

Method:

Clean and scale the fish then cut into steaks about 3cm thick. Rub well on both sides with plenty of salt, sit in a non-reactive, flat-bottomed dish and scatter a little more salt over the top. Set aside to brine for two days. After this , wipe off the excess salt and set the fish in the sun for two days to dry (or put in a low oven, but ensure the fish dries and does not cook).

Pound together the chillies, turmeric, garlic and cumin in a mortar then add a little vinegar and pound again to a smooth paste. Turn into a bowl and work in the remainder of the vinegar.

Dip each slice of fish in the vinegar gravy then arrange in a wide-mouthed jar. Pour over the remainder of the vinegar mix, ensuring that the vinegar completely covers the fish. Secure with a tight-fitting vinegar-proof lid and leave for at least 8 days before using. If kept submerged in the vinegar the fish will keep for up to a month.

To use, remove two pieces of the fish from the jar, melt butter or ghee in a frying pan, add the fish and fry for 1 minute. Then add some gravy or basic curry sauce and cook the fish in this until tender. Serve as an accompaniment to curry and rice.

Potato Sambal

Potato Sambal is a traditional Indian recipe for a classic relish of mashed potatoes blended with onions, chillies and lemon juice that are creamed with coconut milk before serving.

Ingredients:

550g (1 lb 3 oz) floury potatoes
1 tsp panch pharon
1 tsp butter
2 large onions, sliced
300ml (1 1/4 cups) coconut milk
2 red chillies, thinly sliced
1 lemon
1/2 tsp salt

Method

Bring a pan of lightly-salted water to a boil, add the potatoes (scrubbed clean but not peeled) and the panch pharon and boil for about 30 minutes, or until tender. Drain the potatoes (the cooking liquid makes an excellent base for soup stock) and set aside until they can be handled then peel the potatoes and mash them until smooth.

Mix the onions, chillies and lemon juice in a bowl with the salt. Add the onion mixture to the potato mixture and mash thoroughly with a fork to combine. Now work in the coconut milk and mix again.

Turn into a circular dish, garnish with a few sprigs of coriander and serve.

Cape Gooseberry Chutney

Cape Gooseberry Chutney is a traditional Indian recipe for a classic chutney of physalis (cape gooseberries) and raisins cooked with sugar, ginger, garlic and vinegar before being potted.

Ingredients:

1.75kg (4 lb) cape gooseberries (physalis)
1.35kg (3 lb) brown sugar
500g (1 lb) seedless raisins, chopped
7.5g (1/4 oz) fresh ginger, peeled and very finely sliced
60g (2 oz) garlic
60g (2 oz) red chillies
30g (1 oz) salt
600ml (2 1/2 cups) malt vinegar

Method:

Pound the garlic and chillies in a bowl then mix in enough of the vinegar to give you a smooth paste then mix in the salt

Combine the fruit and sugar in a pan. Add 200ml water and heat gently until the sugar has dissolved, bring to a boil and cook for about 40 minutes, or until the fruit is soft and the mixture has reduced down to the consistency of a jam.

Stir in the raisins and ginger along with the garlic and chilli paste. Bring to a simmer and cook gently over low heat until the mixture thickens.

Ladle into warmed and sterilized jars and secure with vinegar-proof lids. Set aside to cool then label and store for at least 2 weeks to mature before use.

Tetuler Chatni (Bengali Tamarind Chutney)

Tetuler Chatni (Bengali Tamarind Chutney) is a traditional Indian recipe (from the Bengal region) for a classic fresh chutney of tamarind pulp in a vinegar base blended with sugar, raisins, ginger, garlic, chillies and salt and which is served on the day it is made.

Ingredients:

2 fresh tamarind pods
1 tsp brown sugar
1 dessertspoon seedless raisins, chopped
7.5g thinly-sliced fresh ginger
60g (2 oz) garlic, minced
60g (2 oz) red chillies, minced
30g (1 oz) salt
600ml (2 1/2 cups) malt vinegar

Method:

Grind the pulp from the tamarinds into the vinegar. In a mortar, mash together the raisins and the ginger with the salt then mix this paste with the tamarind before stirring into the garlic and chillies.

Serve on the day it is made, preferably within a few hours of making it.

Brinjal Chutney (Aubergine Chutney)

Brinjal Chatni (Aubergine Chutney) is a traditional Indian recipe for a classic chutney made from spiced and fried aubergine (eggplant) slices cooked in a mustard oil, vinegar and sugar base that's potted and stored.

Ingredients:

2.75kg (6 lb) aubergines (brinjals)
7.5g (1/4 oz) ground turmeric
12.5g (2/5 oz) ground mustard seeds
12.5g (2/5 oz) ground cumin seeds
40g (1 1/2 oz) garlic, mashed to a paste
1 tsp ground fenugreek seeds
15g (1/2 oz) dried chillies, ground
600ml (2 1/2 cups) mustard oil
150ml (1/2 cup + 2 tbsp) vinegar
180g (2/3 cup, packed) brown sugar
1 tsp salt

Method:

Remove the stalks from the aubergines then slice into thin rounds. Spread a little of the ground turmeric over each slice and set aside.

Combine the mustard, cumin, fenugreek, garlic and dried chillies in a bowl. Mix in the vinegar to form a smooth paste.

Heat the mustard oil in a pan and fry the aubergine slices, in batches until golden brown on both sides. Remove with a slotted spoon, drain on kitchen paper and place in a dish. Add the spice mixture to the oil and cook for ten minutes then return the fried aubergine slices to the pan and stir in the sugar. Bring to a boil and cook for 15 minutes then take off the heat and allow to cool. Cover with a cloth and set aside over night.

The following day, pot in jars and keep for use. It will typically keep for up to two weeks.

Mint-leaf Chutney

Mint-leaf Chutney is a traditional Indian recipe for a classic chutney made from a blend of mint leaves, chillies and vinegar mixed with garlic, onions and tamarind pulp that is potted and allowed to mature before use.

Ingredients:

75g (2 1/2 oz) fresh mint leaves
75g (2 1/2 oz) green chillies, finely chopped
30g (1 oz) salt
15g (1/2 oz) garlic, finely chopped
45g (1 1/2 oz) onions, finely chopped

170g (6 oz) tamarind pulp
75ml (5 tbsp) vinegar

Method:

Wash the mint leaves and pat dry. Shred them, place in a mortar and pound to a smooth paste with the vinegar.

Remove any seeds and fibre from the tamarind and mash in a bowl with all the remaining ingredients. Mix this with the mint and vinegar paste then pour into air-tight jars. Close with vinegar-proof lids and store in a cool, dark, place to mature for a few days before use.

Refrigerate after opening.

Coconut Chutney

Coconut Chutney is a traditional Indian recipe for a classic chutney made from a blend of grated coconut and yoghurt with chillies that's fried in mustard oil and served immediately.

Ingredients:

100g (3 1/2 oz) freshly-grated coconut
120ml (1/2 cup) yoghurt
2 green chillies, finely chopped
salt, to taste
1 tbsp ghee or groundnut oil
1/2 tsp mustard seeds
1 tsp curry leaves

Method:

In a mortar, mash together the coconut, chillies and salt to a smooth paste.

Heat the ghee or oil in a frying pan and add the mustard seeds and curry leaves. When the mustard seeds begin to pop, stir in the coconut mixture. Stir-fry for a few minutes then take off the heat and set aside to cool.

When cold, fold in the yoghurt and stir well to combine. Serve immediately as an accompaniment to a curry.

Sweet Lime Chutney

Sweet Lime Chutney is a traditional Indian recipe for a classic chutney made from salted and dried limes that are pounded to a paste with vinegar, blended with fruit, garlic, chillies, sugar and mustard seeds before being potted and allowed to mature.

Ingredients:

25 limes
60g (2 oz) salt
300ml (1 1/4 cups) vinegar
115g (1/4 lb) seedless raisins
115g (1/4 lb) chopped dates

30g (1 oz) fresh ginger, peeled and thinly sliced
30g (1 oz) garlic, finely chopped
15g (1/2 oz) dried red chillies
15g (1/2 oz) mustard seeds
120g (4 oz) brown sugar

Method:

Take each lime in turn and sit on the stalk end. Carefully divide into four pieces, but do not cut all the way through (so that the four quarters are still attached at the stalk end). Rub the flesh liberally with salt then arrange the fruit on a baking tray and sit in the sun (or on a sunny windowsill) for three days, turning them every day (or, alternatively, place in a warm oven until dried).

Once the limes are dry, take out the seeds and grind the flesh and skins in a mortar with the vinegar, fruit and spices. Turn this mixture into a saucepan and add the sugar. Bring to a simmer and cook for 30 minutes.

Ladle the resultant chutney into sterilized jars that have been warmed in an oven. Seal with vinegar-proof lids and set aside to mature for a few days before use.

Hot Lime Pickle

Hot Lime Pickle is a traditional Indian recipe for a classic pickle of limes that are softened and mixed with a chilli and spice blend and served with ghee.

This is a classic Indian relish, often served with poppadoms before a meal.

Ingredients:

12 limes (thin-skinned varieties)
6 tbsp sea salt
1 tsp cumin seeds
2 tsp black mustard seeds
1 tsp fenugreek seeds
pinch of turmeric
5 tsp hot chilli powder
2 red chillies, finely shredded
4 tsp oil or ghee

Method

Thoroughly wash and dry the limes. Juice 4 and cut the remaining 8 into either 4 or 8 wedges (depending on the size of the limes). Toss the wedges with the salt and lime juice in a bowl. Carefully transfer the limes to a clean, dry, glass or porcelain jar with a tight-fitting lid. Place in a cool spot and allow to soften for 4 days.

On the 5th day add the cumin, mustard (1 tsp) and fenugreek seeds to a pan and dry roast. When nicely fragrant place in a coffee grinder and render to a fine powder. Add this to your jar along with the turmeric, chilli powder and chillies. Mix with a clean, dry, spoon to combine then re-seal the jar and set aside for 3 days (this recipe assumes you have thin-skinned limes which

will soften in a week; thick-skinned limes may take up to a month to be ready).

Just before you are ready to serve the pickle add 4 tsp of oil of ghee to a hot pan along with the remaining 1 tsp mustard seeds. Cook until the mustard seeds 'pop' and flavour the oil. Turn off the heat and allow the oil to cool before adding to the pickle. Mix thoroughly then serve.

Dried Fruit Pickle

Dried Fruit Pickle is a traditional Anglo-Indian recipe for a classic pickle of mixed dried fruit cooked in a vinegar base with spices and sugar that's potted and allowed to mature before use.

Ingredients:

500g pitted dates, sliced into rounds
500g dried apricots, pitted and quartered
500g dried damsons, pitted and chopped
500g prunes, pitted and chopped
500g firm eating apples, cored
1l white wine vinegar
115g sugar
30g cinnamon sticks
30g black peppercorns
15g salt
30g fresh ginger, finely grated

Method:

Combine the vinegar and sugar in a pan. Heat gently until the sugar dissolves then bring to a boil and cook until the syrup thickens.

Quarter the apples and arrange in wide-mouthed jars along with the other fruit. As you add each layer of fruit, sprinkle some of the spices and salt on top.

Pour over as much of the vinegar syrup as will completely cover the fruit. Seal with a vinegar-proof lid and set aside for a month to mature before use.

Green Tomato Pickle

Green Tomato Pickle is a traditional Indian recipe for a classic pickle of salted and sun-dried green tomatoes cooked with onion, spices, chillies and vinegar that's potted and stored to mature before use.

Ingredients:

500g (1 lb) green tomatoes
2 tbsp onions, sliced
1 tsp cloves
2 cinnamon sticks (each 15cm long)
1 dessertspoon ground mustard seeds
16 green chillies, sliced into thin rings

300ml (1 1/4 cups) vinegar
30g (1 oz) salt

Method:

Cut the tomatoes into thin slices. Arrange on a baking tray and scatter over the salt. Set aside to stand in a sunny spot for two days.

After this time, pack the tomato rings, along with any remaining salt and spices, in alternate layers into an enamelled saucepan or casserole dish. Pour over the vinegar to cover then bring to a simmer and continue cooking for about 20 minutes, or until the tomatoes begin to break up.

Take off the heat and set aside to cool. Spoon into cleaned and sterilized jars and seal with vinegar-proof lids. Allow to mature for at least 2 weeks before use.

Brinjal Pickle (Aubergine Pickle)

Brinjal Pickle is a traditional Indian recipe for a classic pickle of aubergines (eggplants) that are fried in spiced oil, before being finished with more spices, mustard oil, vinegar, saffron and turmeric. They are then packed into jars and stored to mature before use.

Ingredients:

1.35kg (2 lb) aubergines (should be ripe and tender)
45g (1 1/2 oz) green chillies, stalks removed and slit along one side
1 dessertspoon fenugreek seeds
1 dessertspoon cumin seeds
60g (2 oz) dried chillies, ground
150g (5 oz) garlic, pounded to a paste
1 tsp mustard seeds, ground
15g (1/2 oz) fresh ginger, sliced thinly
6 curry leaves
2 tbsp salt
300ml (1 1/4 cups) mustard oil
1.2l (5 cups) vinegar
12 saffron threads
1/2 tsp ground turmeric

Method:

Trim off the aubergine stalks and cut each into quarters, but leave the pieces attached at the stalk end.

Pour the oil into a thick, enamelled cooking pan or casserole and when hot add the fenugreek seeds, cumin seeds, ground dried chillies and mustard seeds. Fry for a minute then add the garlic. Continue frying until the garlic has browned then add the remaining spices and cook over medium heat for 3 minutes more.

Stir in the vinegar and salt then add the aubergines, green chillies and ginger. Bring the mixture to a boil, reduce to a simmer and cook for 20 minutes. Take off the heat, set aside to cool then pack into cleaned and sterilized jars that have been warmed in the oven. Seal with

vinegar-proof lids, allow to cool completely and store. Use within two weeks.

Olive Pickle

Olive Pickle is a traditional Anglo-Indian recipe for a classic pickle of olives marinated in salt that are cooked in spiced vinegar with chillies, potted and stored to mature before use.

This is anther Anglo-Indian recipe, substituting olives for the more usual Indian fruit or vegetables.

Ingredients:

1.75kg (4 lb) olives (black and/or green), halved and pitted
50g (1 1/2 oz) dried chillies, pounded in a mortar
50g (1 1/2 oz) mustard seeds, ground
30g (1 oz) ground turmeric
120g (4 oz) garlic, finely chopped
100g (3 1/2 oz) green chillies, slit down one side
450ml (2 cups, less 1 tbsp) vinegar
120g (4 oz) fresh ginger, peeled and finely sliced
15g (1/2 oz) ground cardamom seeds
7.5g (2 1/2 oz) ground fenugreek seeds
12 whole black peppercorns
300ml (1 1/4 cups) mustard oil
400g (1 lb [scant]) salt

Method:

Arrange the halved olives in a non-reactive dish. Sprinkle with the salt and set aside to marinate for 3 days. After this time, drain the olives (but reserve the liquid). Place the olives either in the sun for six days or in a low oven until dry. Now place the olives back in the brine over night.

The following day, heat the oil in a pan. Add the garlic and fry for a couple of minutes, or until golden brown. Add the ginger and fry again then add all the remaining ingredients and mix thoroughly. Drain the olives and add to the pan. Bring to a simmer and cook for 15 minutes.

Take off the heat, allow to cool slightly then pack into wide-mouthed jars that have been cleaned and sterilized. Pour over enough vinegar to cover the contents of each jar and seal with vinegar-proof lids. Set aside to mature for at least two weeks before using.

Tomato Kasoundi

Tomato Kasoundi is a traditional Indian recipe for a classic pickle of tomatoes cooked in spiced vinegar and mustard oil that's potted and allowed to mature before serving.

Ingredients:

3.6kg (8 lb) tomatoes, quartered (or cut into smaller pieces if large)
60g (2 oz) red chillies
60g (2 oz) garlic

60g (2 oz) mustard seeds
60g (2 oz) tamarind pulp
60g (2 oz) salt (or to taste)
120g (4 oz) brown sugar
600ml (2 1/2 cups) mustard oil
600ml (2 1/2 cups) vinegar
30g (1 oz) ground turmeric

Method:

Pound together all the spices in a mortar them mix with the vinegar to produce a smooth paste. Mix with the oil, turn into a pan and bring to a boil. Once boiling, add the tomatoes, bring to a simmer and cook, covered, for 2 hours.

Take off the heat and allow to cool slightly then spoon into jars that have been washed, sterilized and warmed in the oven. Seal with vinegar-proof lids and allow to cool completely before labelling.

Store in a cool, dark, place to mature for 1 week before using.

Red Cauliflower Pickle

Red Cauliflower Pickle is a traditional Anglo-Indian recipe (dating back to the 1900s) for a classic pickle of cauliflower florets in a spiced vinegar syrup base coloured red with beetroot.

Ingredients:

2 large, fresh, cauliflowers
6 garlic cloves
15g (1/2 oz) fresh ginger, thinly sliced
3 green chillies, sliced into strips
1l (1 quart) vinegar
500g (1 lb) sugar
3 cinnamon sticks (3cm long)
1 large beetroot, boiled in its skin until tender
12 black peppercorns
salt, to taste

Method:

Separate the cauliflowers into small florets, rub with salt, place in a shallow dish and set aside to brine for 12 hours.

The following morning, drain away any liquid then set the cauliflower florets in the sun to dry for two days. At this time, transfer the cauliflower florets to wide-mouthed jars and add the peppercorns, garlic, ginger slices and chillies.

In the meantime, combine the sugar and vinegar in a non-reactive saucepan. Heat until the sugar dissolves then bring to a boil and cook down to a syrup. Add the cinnamon. Place the beetroot in a mortar and pound to a pulp. Place in a double layer of muslin and squeeze out all the juice.

Add this juice to the vinegar syrup. Pour the red-coloured syrup over the cauliflower and spices, ensuring that the florets are completely covered. Seal with vinegar-proof lids, allow to cool, label and store for three months to mature before using.

Stuffed Bell Pepper Pickle

Stufed Bell Pepper Pickle is a traditional Indian recipe for a classic pickle of bell peppers stuffed with a spiced papaya flesh blend that's stored in jars, covered in vinegar and allowed to mature before use.

Ingredients:

12 small bell peppers (mixed colours)
60g (2 oz) mustard seeds
6 red chillies
7.5g (1/4 oz) garlic
7.5g (1/4 oz) fresh ginger, grated
7.5g (1/4 oz) ground turmeric
1 ripe papaya (pawpaw) [must be very ripe]
vinegar
1/2 tsp salt

Method:

Wash the bell peppers and wipe them dry. Remove the stalks then split each one down one side. Use a spoon through the slit to remove any seeds and membranes.

In the meantime, grind together the mustard seeds, chillies, garlic and ginger with a little of the vinegar in a food processor to form a thick paste. Add the turmeric and a little more vinegar and process again.

Take the papaya, cut in half and scoop out the seeds. Extract the flesh with a spoon, place in a bowl and add the salt. Stir to combine and set aside for 30 minutes then drain off all the liquid.

Mash the papaya and mix the fruit pulp with half the ground spice mix. Use this mixture to stuff the bell peppers. Sit the stuffed bell peppers in wide-mouthed jars.

Mix the remaining vinegar with the remaining spice mix and beat to combine. Pour this mixture over the stuffed bell peppers (ensure the vinegar covers them completely) then seal with a vinegar-proof lid. Label and set aside to mature for 1 week before use.

Sea-fish Pickle

Sea-fish Pickle is a traditional Indian recipe for a classic pickle of fried fish fillets with spices that are finished in vinegar, potted and used as pickle or relish.

Ingredients:

1.35kg (3 lb) firm white sea fish fillets
45g (1 1/2 oz) hot chilli powder
100g (3 1/2 oz) garlic, chopped
25g (1 oz) ground turmeric

25g (1 oz) fresh ginger, finely grated
30g (1 oz) green chillies, sliced into strips
1/2 tsp ground fenugreek seeds
1/2 tsp mustard seeds, ground
1 tsp ground cumin
6 dried curry leaves
450ml (2 cups less 2 tbsp) mustard oil
300ml (1 1/4 cups) good-quality vinegar
300ml (1 1/4 cups) white malt vinegar
1 tsp salt

Method:

Wash the fish fillets in the white wine vinegar then drain off the excess.

Heat the oil in a pan, add the fish and fry until golden brown on both sides and cooked through. Take out of the pan, drain, cool and chop into small pieces.

Heat the remaining oil in the pan and add the curry leaves, salt and spices. When browned and aromatic, return the fish to the pan and fry for 10 minutes more. Now stir in the good vinegar, bring to a simmer and cook for 10 minutes more.

Turn into a bowl, cover and set aside to marinate over night. The following day, pot the mixture and use within a week.

Fish-roe Sambal

Fish-roe Sambal is a traditional Indian recipe for a classic accompaniment of fish roes that are fried and finished with a blend of vinegar, lemon juice, chillies and onions.

Ingredients:

3 dessertspoons (heaped) fish roe
6 small onions, finely chopped
3 green chillies, chopped
60g (2 oz) butter or ghee
3 tbsp vinegar
juice of 2 lemons
1 tbsp Worcestershire sauce

Method:

Heat the butter or ghee in a pan and when hot, add the fish roes and fry for about 4 minutes.

In a bowl, mix the onions and chillies with the vinegar, lemon juice and Worcestershire sauce. Tip in the fried fish roes and mix thoroughly to combine. Serve as an accompaniment with rice.

Amb Halad Ka Achar (Zedoary Pickle)

Amb Halad Ka Achar (Zedoary Pickle) is a traditional Indian recipe for a spicy pickle based on zedoary root, a relative of ginger.

This is a traditional Indian pickle and represents the way that Zedoary root (a relative of ginger) is typically utilized in India.

Ingredients:

3 tsp finely-chopped ginger
4 tsp finely-chopped zedoary
1 small green chilli, minced
6 tsp lemon juice

Method:

Mix all the ingredients tougher and add to a tight-lidded jar along with a pinch of salt. Shake well to blend and store in the fridge (it will keep for up to a month). Serve with rice, poppadoms and a lightly-spiced curry.

Peri Peri Sauce

Peri Peri Sauce is a traditional Indian recipe for very hot chilli-based sauce or condiment made with piri-piri (peri-peri) or bird's-eye chillies.

Ingredients:

80g (2 1/2 oz) hot red (preferably piri-piri but Thai bird's-eye will do) chillies
2 tsp tomato paste (or 4 tsp tomato purée)
1 tsp finely-grated lemon zest
1 tsp ground cumin or cumin seeds

Method:

Combine all the ingredients in a food processor and process until the chillies are completely rendered to a paste. Transfer to a jar and keep in the fridge. It will last for a couple of weeks.

Lentil or Potato Tempering

Lentil Or Potato Tempering is a traditional Indian recipe for a classic oil-based tempering with ginger, spices and chillies typically served over potatoes or lentils.

Ingredients:

1 tsp Black mustard seeds
10 curry leaves
3cm (1 in) length of ginger, finely chopped
3 Garlic Cloves, finely chopped
1 tsp Red Chillies, crushed
3 tbsp Sesame Oil or Ghee

Method:

In medium to hot oil, fry the mustard seeds until they pop. Lower the heat and stir-fry the garlic, ginger and chillies until light brown. Stir in the curry leaves & cook for a further 3-5

minutes. Serve over boiled lentils or boiled potatoes.

Meat and Fish Tempering

Meat and Fish Tempering is a traditional Indian recipe for a classic oil-based tempering with aniseeds, mustard seeds and curry leaves typically served over meat or fish.

Ingredients:

1/2 tsp Anise Seeds
1 tsp Black mustard seeds
10 curry leaves
2 Onions, finely chopped
3 tbsp Sesame Oil or Ghee

Method:

In medium to hot oil, fry the mustard seeds until they pop. Lower the heat and add the aniseeds and onion. Stir-fry until the onions are golden brown. Turn off the heat, and stir in the curry leaves for a couple of minutes. Pour over cooked fish or cooked meats.

Aam ki Hari Chatni (Green Mango and Apple Chutney)

Aam ki Hari Chatni (Green Mango and Apple Chutney) is a traditional Indian recipe for a classic chutney or chatni that, unlike the British version is not a pickle, but rather a puree of green mango, coriander, mint and chillies with lime juice, honey and spices.

This is a classic North Indian chutney that's traditionally served with snacks such as samosas, onion bhajis and pakoras.

Ingredients:

1 ripe and firm green mango, peeled and roughly chopped
1 bunch coriander leaves, roughly chopped
1 small bunch fresh mint leaves, roughly chopped
5 green chillies, de-stemmed
juice and whole rind of 1 lemon
salt and black pepper, to taste
1 tsp cumin seeds (dry roasted to release their flavour)
1 tsp sugar or honey
1 small piece of ginger, roughly sliced

Method:

Making this dish is simplicity itself. Just add all the ingredients to a blender and render to a paste. You will probably need to add a little water to get this to the desired consistency.

This will keep in the fridge for several days. It also freezes well.

Hari Chatni with Anardana (Green Chutney with Pomegranate Seeds)

Hari Chatni with Anardana (Green Chutney with Pomegranate Seeds) is a traditional Indian

recipe for a classic chutney or chatni that, unlike the British version is not a pickle, but rather a puree of coriander leaves, mint leaves, green chillies, tomatoes and spices.

Chutney is an English version of the Hindi word 'chatni', pronounced as chutni. The word 'chatna' means 'to lick' and represents the lip-smacking sound made on eating something tasty. The original Indian chatni is a mix of uncooked fruit (raw mango/apple/other fruits), green chillies, herbs like coriander and mint, a few spices, lemon or vinegar or tamarind, sometimes sugar, all ground together to make a paste. In Britain and the West this original idea was adapted to mean a spicy preserve/condiment, where fruit or vegetables have been cooked in vinegar, with spices and sugar, and then bottled.

Ingredients:

150g (5 oz) fresh coriander (cilantro) leaves
100g (3 1/2 oz) fresh, young, mint leaves
2 green chillies, with stalks removed
2 ripe tomatoes, blanched, peeled and chopped
1 tbsp anardana (pomegranate seeds)
salt to taste
1 tbsp cumin seeds (dry roasted and ground)
1 tsp Amchoor (mango powder)

Method:

Add the tomatoes to a blender and purée before adding the coriander, mint and chillies. Blend until smooth then add the spices and salt. Blitz to mix thoroughly and serve (this will also freeze quite well so you can make a large batch for later use).

Hot Chilli Chutney (Mirch ki Dhuan-dhar Chatni)

Mirch ki Dhuan-dhar Chatni (Hot Chilli Chutney) is a traditional Indian recipe for a classic chutney or chatni that, unlike the British version is not a pickle, but rather a puree of green chillies, mustard seeds, salt and malt vinegar.

Ingredients:

100g (3 1/2 oz) fresh green chillies (choose hot ones a few Scotch Bonnets in the mix are good)
25g (1 oz) mustard seeds, coarsely ground (black if possible)
100g (3 1/2 oz) salt
100ml (2/5 cup) malt vinegar (you may need less, depending on the chillies)

Method:

Wash the chillies and dry thoroughly before de-stemming and adding to a food processor along with the mustard seeds and salt. Blend, adding enough vinegar to form a coarse paste.

This is best if transferred to a clean, sterilized jar and left for a few days before using as the flavour improves as it matures.

Imli Chatni (Tamarind Chutney)

Imli Chatni (Tamarind Chutney) is a traditional Indian recipe for a classic chutney or chatni that is a boiled mix of tamarind water, spices, sugar, chilli powder and garam masala boiled until thick and stored in jars.

Ingredients:

400g (1 lb, scant) tamarind pulp (the semi-dry variety containing stones and skins is best)
1l (4 cups) hot water (about)
1 tsp cooking oil
1 tsp cumin seeds
generous pinch of asafoetida powder
6 tsp salt
100g (3 1/2 oz) jaggery (or palm sugar or Muscovado sugar)
1 tsp chilli powder
2 tsp powdered roasted cumin seeds
2 tsp garam masala

Method:

Break the tamarind pulp into a bowl, cover with the hot water and set aside for 2 hours. After this time mash and squeeze the tamarind pulp with your hands to extract as much flavour as possible from it. Strain through a sieve and discard the skins and seeds.

Meanwhile heat the oil in a pan and add the cumin seeds and asafoetida powder. When the seeds splutter and release their aroma add the strained tamarind pulp and stir-in all the remaining ingredients (except the garam masala).

Bring to a brisk and cook for about 10 minutes, stirring all the while. Taste and add more jaggery or sugar if it's too sour. Add the garam masala, take off the heat and allow to cool before lading the mixture into sterilized jars that have been warmed in an oven set to 100ºC for 5 minutes. Allow 1cm of head space then secure the lid, allow to cool and store.

This will keep for a month or more in the fridge. Or you can freeze, where it will keep indefinitely.

Hinga Mirsang (Green Chillies in Asafoetida)

Hinga Mirsang (Green Chillies in Asafoetida) is a traditional Indian recipe for a preserve of green chillies filled with spiced salt and preserved in salt.

Ingredients:

300g (2/3 lb) small, hot, green chillies (eg bird's-eye)
100g (3 1/2 oz) white salt
45g (1 1/2 oz) black mustard seeds
6 tsp hing (asafoetida)
5 tbsp cooking oil

Method:

Wash the chillies well and dry thoroughly then, using a sharp knife, make a single slit down the side of each chilli and set aside.

Heat 1 tbsp of the oil in a pan, add the mustard seeds and cook them until they begin to crackle. Take off the heat and mix the mustard seeds (and the oil they were cooked in) with the salt. Add the asafoetida to the same pan and cook until it begins to brown then add to the mustard and salt mixture.

Use this salt and spice mix to stuff into the centre of each chilli (save any mixture left over). Add the remaining oil to a pan and fry the chillies gently on a low flame. Add the remaining salt mixture and continue frying until the chillies bleach to a whitish colour.

Remove from the pan and set aside to cool. Store in an air-tight jar, packing the remaining salt around them. They will keep like this for many months.

Aloobukhara Chutney (Prune Chutney)

Aloobukhara Chutney (Prune Chutney) is a traditional Pakistani recipe for a classic prune and sugar chutney.

Ingredients:

200g (1/2 lb) sugar
250g (1/2 lb + 1 oz) prunes (aloobukhara)
a drop of red food colouring (optional)

Method:

Thoroughly wash the prunes then soak in plenty of water for about 2 hours. Drain the prunes and place in a saucepan along with 120ml water and the sugar. Cook on low heat until the sugar has dissolved then cover and allow to cook for 30 minutes.

Add a drop of food colour (if you want the traditional reddish tinge to the sauce) then continue cooking, uncovered, until the sauce has thickened and the pits have separated from the prunes. Remove from the heat at this stage and set aside to cool.

Serve as a condiment.

Podina Chutney (Mint Chutney)

Podina Chutney (Mint Chutney) is a traditional Pakistani recipe for a classic mint, chilli and tamarind paste.

Ingredients:

1 generous bunch of mint leaves
1 tsp salt
60g (2 oz) whole, dried, red chillies
5 tbsp tamarind (imli) paste
2 green chillies, chopped

Method:

Remove the seeds from the tamarind paste then combine in a blender along with all the other ingredients and purée until it forms a smooth paste. Transfer to a jar and refrigerate until needed.

Imli Chutney (Pakistani Tamarind Chutney)

Imli Chutney (Pakistani Tamarind Chutney) is a traditional Pakistani recipe for a classic tamarind paste, sugar and chill chutney.

Ingredients:

250g (1 lb 1 oz) tamarind (imli) paste
400g (1 lb less 1 oz) sugar
salt, to taste
1/2 tsp hot chilli powder
2cm (1 in) piece of ginger, peeled

Method:

Soak the tamarind paste in lukewarm water until it softens. Remove from the water then rub between your fingers to remove any pieces of seed. Strain all the juice into a pan then place on low heat and bring to a boil. Add the salt and chilli powder and stir continuously on low heat until the mixture begins to thicken. Add the ginger and keep cooking until the mixture reaches a thick chutney-like consistency.

Remove from the heat, take out the ginger then pour into a sterilized jar that's been warmed in an oven pre-heated to 120ºC (250ºF) for 15 minutes.

Bengali Pineapple Chutney

Bengali Pineapple Chutney is a traditional Indian recipe (from the Bengal region) for a classic fresh chutney of pineapples with sugar, dates or apricots, chillies and ginger flavoured with the spice blend, panch phoron.

Ingredients:

2 medium pineapples (fresh are better, but tinned can be used)
2 Kashmiri chillies
juice of 1 lime
5cm (2 in) piece of ginger, coarsely grated
200g (1 cup) sugar
1 tbsp salt
100g (3 1/2 oz) dates or dried apricots, finely chopped
generous pinch of Panch Phoron
1 tbsp oil

Method:

If using fresh pineapple (this is best) then peel, cut into rings, removed the cores and chop coarsely (reserve any juice). If using tinned simply chop coarsely and reserve a few tbsp of the juice.

Heat the oil in a pan and add the chillies and panch phoron. Stir-fry for about 2 minutes, or until aromatic then add the pineapple and cook over high heat. When hot add the dates or apricots, ginger, reserved pineapple juice, sugar and salt.

Continue cooking for about 10 minutes, or until the pineapple pieces are soft then stir-in the lime juice. Transfer to a serving dish, allow to cool and serve.

Carrot Pickle

Carrot Pickle is a traditional Indian recipe for a classic pickle of carrot flavoured with green masala and masala powder that's preserved in vinegar and oil. You can also make this with beetroot, simply boil the beetroot for 20 minutes to soften before grating, then use as directed for the carrots, below.

Ingredients:

300g (2/3 lb) grated carrot
2 tbsp green masala, finely sliced
2 tbsp pickle masala powder
120ml (1/2 cup) vinegar
240ml (1 cup) oil
fine sea salt, to taste
sea salt and freshly-ground black pepper

Method:

Layer the grated carrot in a bowl and salt liberally as you add each layer. Cover with clingfilm and set aside for 24 hours. After this time squeeze the excess water from the carrots then transfer to a mixing bowl.

Heat the oil in a pan and use to fry the green masala lightly, until aromatic. Take off the heat then add the vinegar and masala powder. Pour the resultant mixture over the grated carrots. Mix thoroughly to combine then pack into sterilized jars. Seal and refrigerate until needed.

Tamarind Sauce Chutney

Tamarind Sauce Chutney is a traditional Pakistani recipe for a classic chutney of tamarind, dates and jaggery with chilli powder and cumin seeds.

Ingredients:

160g (5 1/2 oz) cleaned tamarind (if using block tamarind remove the larger pieces of shell)
80g (2 1/2 oz) pitted dates
50g (1 1/2 oz) sugar
500ml (2 cups) water
1/2 tsp chilli powder
1/2 tsp crushed cumin seeds
1 tsp salt
150g (5 oz) jaggery (or use palm sugar)

Method:

Wash the tamarind then combine in a pan with the jaggery, sugar, dates and water. Allow to

soak for the few minutes then place on the hob, bring to a boil and cook for about 8 minutes.

Take off the heat and allow to cool to room temperature. Pour into a blender and process until smooth. Pour through a fine-meshed sieve then return the liquid to a pan, bring to a boil and reduce until the mixture is thick enough to coat the back of a spoon. Stir in the salt, chilli powder and cumin seeds then take off the heat and set aside to cool.

Pour into sterilized bottles and store in the refrigerator.

Aam Aur Podina ki Chatni (Mango and Mint Chutney)

Aam Aur Podina ki Chatni (Mango and Mint Chutney) is a traditional Indian recipe for a classic fresh chutney of green mango flesh blended with asafoetida, mint, salt, cumin seeds and green chillies.

Ingredients:

2 medium green mangoes
dash of asafoetida powder
5 tbsp mint, chopped
salt, to taste
1/2 tsp white cumin seeds, ground in a mortar
1 large green chilli, halved
3 tbsp water

Method:

Peel the mangoes, remove the flesh and chop coarsely. Combine with the asafoetida, mint, salt, cumin seeds and chilli in a blender and process until smooth (add a little of the water as needed).

Turn the mixture into a bowl and serve as an accompaniment. Any leftovers can be covered in clingfilm and will keep for a few days if refrigerated.

Khatmitthi Raani (Tamarind Pulp Chutney)

Khatmitthi Raani (Tamarind Pulp Chutney) is a traditional Indian recipe for a classic fresh chutney of tamarind pulp and water flavoured with chilli powder and sweetened with jaggery.

Ingredients:

30g (1 oz) tamarind pulp
180ml (3/4 cup) warm water
salt, to taste
jaggery to taste (or use palm sugar)
1 tsp red chilli powder

Method:

Soak the tamarind pulp in the warm water for 15 minutes to soften. After this time, rub the pulp into the water and blend together before passing through a sieve to remove any solids.

Whisk the salt and chilli powder into the liquid then add jaggery to sweeten and thicken (at

least 100g). Place in a pan, bring to a simmer and cook for about 20 minute, or until thickened. Take off the heat, allow to cool, turn into a bowl and serve.

Amrood Ki Chatni (Guava Chutney)

Amrood Ki Chatni (Guava Chutney) is a traditional Indian recipe for a classic fresh chutney of guava pulp with ginger, coriander, chillies and lemon juice.

Ingredients:

4cm (2 in) piece of ginger, peeled and thickly sliced
10 coriander leaves
2 green chillies, halved
salt, to taste
2 medium, ripe, guavas, peeled and with seeds removed
3 tbsp lemon juice

Method:

Combine the ginger, coriander, chillies, salt and guavas in a blender of food processor. Add the lemon juice and process to a coarse paste. Transfer to a bowl and serve.

Aam Ka Meetha Achaar (Sweet Mango Chutney)

Aam Ka Meetha Achaar (Sweet Mango Chutney) is a traditional Indian recipe for a classic chutney of green mangoes, chillies and spices cooked with jaggery (raw cane sugar) until thick and jam-like.

Unlike the more usual fresh chutneys of India, this is a sweet cooked chutney that much more resembles European-style chutneys.

Ingredients:

900g (2 lb) jaggery (or palm sugar)
1.2l (5 cups) water
1kg (2 lb 3 oz) green mangoes, grated
2 tsp sea salt
1 tsp hot chilli powder
15g (1/2 oz) Nigella seeds
7.5g (1/4 oz) fenugreek seeds, dry-roasted and ground
30g (1 oz) coriander seeds, dry-roasted and ground

Method:

Combine the sugar and water in a deep pan then bring to a boil. Add the mango, reduce to a simmer and continue cooking until all the water has evaporated and the mixture has thickened to a jam-like consistency.

Stir in the salt and spices until well blended then take the pan off the heat and set aside to cool. Pour the chutney into a cleaned and sterilized jar, secure a lid and store in the refrigerator until needed.

Unakkameen Thenga Chammanthy (Dry Fish Chutney)

Unakkameen Thenga Chammanthy (Dry Fish Chutney) is a traditional Indian recipe for a classic preserve of fried and pounded dried fish mixed with grated coconut, spices, shallots, ginger and tamarind paste.

Ingredients:

250g (1/2 lb + 1 oz) dried fish (obtainable from Oriental supermarkets)
300g (2/3 lb) grated coconut
4 dried red chillies
pinch of ground fenugreek seeds
1/4 tsp freshly-ground black pepper
1 sprig of curry leaves
6 shallots, grated
1 small piece of ginger, grated
1 tsp tamarind paste
salt, to taste
sesame oil for frying

Method:

Wash the fish thoroughly then flake the flesh and remove any bones. Soak in a bowl of water for 60 minutes (this will remove any excess salt) then drain. Spread on a tea towel and place in the sun to dry.

Heat sesame oil in a wok, add the fish and fry until dark and crunchy. Drain the fish and pound to a powder in a mortar.

Discard the oil and wipe the wok dry. Use to dry-fry the grated coconut, chillies, black pepper, fenugreek seeds and curry leaves until aromatic. When the colour of the coconut noticeably changes to a golden brown take off the heat and set aside to cool in the pan.

Add the shallots, ginger and tamarind paste. Stir, breaking up the coconut until you have a fine, sand-like mixture. At this point stir-in the powdered fish and mix thoroughly to combine.

Transfer to a clean, air-tight container and store in a cool, dry, cupboard.

Be careful when using that any utensil you place in the chutney is completely dry, as any moisture will cause the mixture to spoil.

Chatpate Neebu (Lemon Sour Pickle)

Chatpate Neebu (Lemon Sour Pickle) is a traditional Indian recipe for a classic sour pickle of quartered lemons preserved in lemon juice with spices.

Ingredients:

1/2 tsp asafoetida powder
8 lemons, quartered
5 tbsp salt
1 tsp ajwain (carom) seeds
juice of 4 large, fresh, lemons

Method:

Clean and sterilize a glass jar with a vinegar-proof lid.

Sprinkle the asafoetida in the base of the jar then remove the seeds from the lemon quarters and pack into the jar. Scatter the salt over the top and stir to combine then add the carom seeds and pour over the lemon juice (ensure the lemon pieces are completely covered).

Seal the jar tightly then set the jar in the sun (or a warm place) for about a week, shaking the jar at least once a day, or until the skins of the lemons have softened.

Diwali Recipes

Diwali (the Festival of Lights) is the concatenation of the Hindi word *Deepawali* which literally means 'rows of lighted candles', though it's more commonly translated as the 'Festival of Lights'. It is the most popular of all the southern Asian festivals and is a time of celebration for Jains and Sikhs as well as Hindus.

The festival extends over five days and the date is dictated by the luni-solar Hindu calendar and it begins in late Ashvin (between September and October) and ends in early Kartika (between October and November).

Dates for the next ten years are:

2012 — November 13th;
2013 — November 3rd;
2014 — October 23rd;
2015 — November 11th;
2016 — October 30th;
2017 — October 19th;
2018 — November 7th;
2019 — October 27th;
2020 — November 14th;
2021 — November 4th;
2022 — October 24th.

Diwali is popularly known as the 'festival of lights', as houses, shops and public places are decorated with small earthenware oil lamps called *diyas*. These lamps, which are traditionally fuelled by mustard oil, are placed in rows in windows, doors and outside buildings to decorate them. The lamps themselves are lit to aid the goddess Lakshmi in finding her way into people's homes. They also celebrate the legend of the return of Rama and Sita to Rama's kingdom after fourteen years of exile.

In India, oil lamps are floated across the river Ganges and it is considered a good omen if the lamp manages to get all the way across. This is a practice that has been adopted on the Mersey in Liverpool.

Diwali is a time of feasting and the buying and exchange of gifts. Traditionally sweets and

dried fruit were very common gifts to exchange, but the festival has become a time for serious shopping, leading to anxiety that commercialism is eroding the spiritual side of the festival. Diwali is also a traditional time to redecorate homes and to purchase new clothes.

A number of recipes appropriate for Diwali have already been given in other chapters of this book. To help you, here are links to those recipes below. After that there will be additional Diwali recipes published in this chapter:

Mani (Rice Sweet Dish); Arrowroot Halwa; Sattu; Sweet Sattu; Gajar Ka Halwa (Carrot Halwa); Gond Panjiri (Nuts, Seeds and Tree Sap Fudge); Barfi Badam (Almond Cream Sweetmeats); Khajoor ke Laddu (Date and Fruit Sweetmeat Balls); Bedam ki Burfi (Almond Toffee); Ras Malai; Ras Gulla (Cheese Balls in Sugar Syrup); Jalebis; Gulab Jamun; Basundi (Thickened Milk Dessert) and Panjeeri. As well as these recipes, most of the other recipes in the Desserts chapter are also suitable for Diwali.

Shemai (Sweet Vermicelli)

Shemai (Sweet Vermicelli) is a traditional Bangladeshi recipe for a classic dessert of vermicelli pasta cooked in butter and milk with raisins, sugar and almonds that's served chilled.

Ingredients:

250g (1 1/4 cups) butter
2 generous handfuls of fine vermicelli pasta
1l (4 cups) milk
600ml (2 1/2 cups) whipping cream
60g (2 oz) raisins
3 tbsp brown sugar
4 blanched almonds, very finely slivered

Method:

Melt the butter in a large pot or casserole (at least 4l [16 cups]) then break the vermicelli into pieces about 8cm (3 in) long and stir into the melted butter. Cook over low heat until the mixture turns a light brown then pour in the milk. Continue cooking over medium heat, stirring constantly, until the mixture comes to a boil.

At this point add the almonds, raisins and sugar. Continue cooking over low heat for 10 minutes then add the whipping cream and cook for a few minutes more.

Take off the heat and set aside to cool. Transfer to the refrigerator and chill for at least 2 hours before serving.

Tusha Halwa

Tusha Halwa is a traditional Bangladeshi recipe for a classic dessert of spices and flour fried in butter that's served drenched in a sugar syrup.

Ingredients:

140g (1 cup) plain flour
200g (1 cup) butter or ghee, melted

200g (1 cup) sugar
250ml (1 cup) water
2 small cinnamon sticks (about 3cm [1 in] long)
2 green cardamom pods
2 cloves

Method

Melt the butter in a medium pan. Add the cardamom pods, cinnamon sticks and cloves and fry until lightly golden and aromatic. Whilst stirring constantly, pour in the flour. Continue cooking, stirring constantly, until the mixture is red-gold in colour.

In another pan, bring the water to a boil then pour in the sugar to make a syrup (if this looks to thick then add a little more water).

Pour the syrup over the 'halwa' mixture and stir until smooth. Take off the heat and allow to cool slightly. Serve warm.

Gajjar Barfi (Carrot Fudge)

Gajjar Barfi (Carrot Fudge) is a traditional Indian recipe for a classic sweetmeat made from carrots cooked in milk that are blended with sugar, dried fruit, ground cardamom and almonds before being cooled, sliced into squares and served.

Ingredients:

1kg (2 1/4 lbs) carrots
1.5l (6 cups) milk
a few saffron threads
675g (1 1/2 lb) sugar
100g (3 1/2 oz) dried fruit (chironji (charoli) nuts, raisins and/or pistachio nuts), chopped
7.5g (1/4 oz) ground cardamom
60g (2 oz) blanched almonds, chopped
a few edible silver leaves, to decorate

Method:

Wash and scrape the carrots then either grate finely, or slice lengthways and put through a mincer. Combine in a pan with 300ml (1 1/4 cups) of the milk and bring to a boil. Cook for about 15 minutes, or until the carrots are tender then take off the heat and set aside until completely cool.

In a small mortar, grind together the saffron and a little of the milk. Pour the remaining milk into a pan, add the saffron mixture and the carrot mixture them bring to a simmer and continue cooking until the mixture is almost dry. At this point, stir in the sugar and continue cooking, stirring constantly, until the sugar has dissolved and the mixture has thickened.

Take off the heat and stir in the dried fruit, chopped almonds and ground cardamom. Mix well to combine then turn the mixture onto a greased baking tray. Spread out and garnish with silver leaves then set aside to cool.

When cold, cut into squares and serve.

Urunda (Sweet Coconut Balls)

Urunda (Sweet Coconut Balls) is a traditional Sri Lankan recipe for a classic dessert made from boiled coconut flesh sweetened with brown sugar and boiled until thick before being shaped into balls, dipped in batter and deep fried to cook.

Ingredients:

1 tsp vanilla extract
flesh of 1 coconut, finely grated
225g (1/2 lb) brown sugar
115g (1/4 lb) plain flour
pinch of salt
60ml (1/4 cup) water
120ml (1/2 cup) milk or water (about), for the batter
pinch of ground turmeric
oil for deep frying

Method:

Combine the grated coconut, sugar and salt in a pan. Add just enough water to moisten the ingredients (about 60ml [1/4 cup]) then bring to a simmer and cook, stirring frequently, until the mixture becomes thick and smooth. Take off the heat and stir in a vanilla extract then work in just enough of the flour to give the mixture a sticky consistency. Allow to cool then form the mixture into small balls by shaping between your palms.

In the meantime, sift the remaining flour into a bowl and work in enough of the milk or water to give you a thick batter. Season with a little salt and add a pinch of turmeric to colour.

Heat the oil in a deep fryer or deep pan to 180ºC (350ºF). When the oil is hot, dip the coconut balls into the batter then drop into the hot oil, a few at a time. Fry for a few minutes until nicely golden brown all over then drain with a slotted spoon and transfer to kitchen paper. Serve warm.

Strawberry Jujubes

Strawberry Jujubes is a traditional Sri Lankan recipe for a classic snack or candy of a gelatine base with flavouring and colouring that is set and served dusted with icing sugar.

On the Indian sub-Continent, Jujubes are soft, semi-gooey and sugar coated. In contemporary Tamil slang, the word “ju-ju-bi” means ‘easy pickings’. In the 1970s there was a commercial brand of jujubes, known as Moon Drops which were sugar-covered, with a somewhat sour tasting soft-gooey, fruit-flavoured core.

Ingredients:

30g (1 oz) gelatine
40g (1 1/2 oz) sugar
pink food colouring
strawberry essence
100ml (2/5 cup) strawberry purée, sieved to remove any seeds

300ml (1 1/4 cups) water
icing sugar, for dusting

Method:

Measure out 150ml boiling water and stir the gelatine into this. Pour 150ml more boiling water into another bowl and stir in the sugar to dissolve. Once the gelatine has dissolved, mix it with the sugar bowl then work in the strawberry purée before adding a little pink colouring and adjusting the taste with a little strawberry essence.

Pour the resultant mixture into a tin about 1cm deep, lined with clingfilm (plastic wrap) and set aside until cooled and set. Once set, turn onto a cutting block and cut into squares. Dust the squares with icing sugar and serve.

Apple Peda

Apple Peda is a modern Indian recipe for a classic sweetmeat made from a blend of cheese, boiled milk and milk powder that's coloured, shaped into apples and which is often served for Diwali.

Ingredients:

100g (3 1/2 oz) Khoya (also known as khoa)
100g (3 1/2 oz) grated Paneer Cheese
100g (3 1/2 oz) milk powder
3 tsp icing sugar
1/2 tsp ground cardamom
food colouring
whole cloves

Method:

Grate the paneer and mix in a bowl with the khoya (this can be sweetened or not, depending on choice), milk powder, icing sugar and ground cardamom. Bring all the ingredients together to form a stiff dough and colour as desired with your choice of food colouring (you can either make them garish or natural).

Take apple-sized pieces of the mixture and shape. Place in paper cases and set an inverted clove in the top to form a stalk. Leave out over night for the surface to dry then store in an air-tight container until needed.

Basbousa

Basbousa is a traditional Indian recipe for a classic yoghurt and semolina flour cake that's soaked in a rose water and honey syrup before being served as a dessert with coffee and which makes an excellent treat for Diwali.

In essence Basbousa is an Arabic desserts. It was brought to North Africa and is a common dessert in Egypt and Somalia. The Moguls brought the dish to India. In the Middle East it is more typically known as Hareesa or Ravani.

Ingredients:

210g (1 1/2 cups) semolina flour
250ml (1 cup) natural yoghurt
100g (1/2 cup) butter, softened
1 tsp baking powder
1 tsp vanilla extract
150g (3/4 cup) sugar
120ml (1/2 cup) honey
4 tsp rose water
2 tsp lemon juice
18 blanched whole almonds, to garnish

Method:

Cream together the butter and 100g (1/2 cup) sugar until pale and fluffy. Work in the yoghurt and vanilla extract until the mixture is blended then add the semolina flour and baling powder. Mix the ingredients with a wooden spoon to yield a loose, sticky, dough. Cover and set aside to rest for 30 minutes.

In the meantime, combine the honey, remaining sugar an half the rose water in a pan. Heat gently for 10 minutes to form a syrup. Take off the heat, stir in the lemon juice and remaining rose water and mix thoroughly.

When the dough has rested, turn into a greased baking dish. Level the top with a spatula then transfer to an oven pre-heated to 180ºC (350ºF) and bake for 25 minutes. Remove the pan from the oven (the cake will only be partially cooked at this stage) and cut into squares with a sharp knife. Press an almond into the centre of each square you made.

Heat your grill (broiler) to medium and place the cake under the grill, cooking for about 8 minutes, or until the top is coloured a golden brown (take care the basbousa does not burn).

Remove from under the grill and pour over the honey syrup. Set aside to cool so that the honey soaks into the cake.

When completely cooled, divide into squares and either transfer to a serving dish or store in an air-tight box. Like many Arabic desserts this tastes better if allowed to mature over night and consumed the following day.

Serve with strong coffee and whipped cream or yoghurt.

Sbiaat

Sbiaat is a traditional Moroccan recipe for a classic dessert or snack of filo (phyllo) pastry stuffed with an almond mix that's fried to cooked, dipped in honey and cooled before serving.

Although this dish is Moroccan in origin it has gained popularity in many Indian communities and is often prepared as a Diwali snack, particularly in France and Britain.

Ingredients:

14 sheets of filo (phyllo) pastry
250g (9 oz) blanched almonds
150g (5 1/2 oz) icing sugar

1/2 tsp ground cinnamon
pinch of ground mastic
2 tbsp orange flower water
1 tsp butter
oil for frying (any neutrally-flavoured oil)
100g (1/2 cup, scant) acacia honey
1 egg white beaten with 1 tbsp water

Method:

Heat a little oil in a pan, take half the almonds and fry them until lightly browned all over. Turn the fried almonds into a bowl and set aside to cool. Add the unfried almonds to another bowl.

Divide the sugar, cinnamon, mastic and 1 tbsp orange flower water evenly between the two bowls and mix thoroughly. Now separately grind the two almond mixes, adding 1 tbsp melted butter to each, until you have a smooth paste.

Combine the two almond mixes in a bowl and mix well then shape the mixture into balls and roll these into ropes about 6cm (2 1/2 in) long and 1cm (1/2 in) in diameter.

Cut the filo pastry into sheets about 10cm (4 in) wide and 15cm (6 in) long. Place one of the almond ropes on one end of the pastry sheets. Fold over the ends to cover the almond mix then roll the pastry to enclose the almond mixture within.

Use the egg white to moisten the end of the filo pastry sheet then stick down to seal. Turn so the sealed end is on the bottom then press down lightly on the parcel to distribute the almond filling within.

Set aside as you form the remaining sbiaats. Heat oil to a depth of 2cm (1 in) in a large pan. When the oil is hot, add the sbiaat and fry until golden brown on both sides. Remove and drain on kitchen paper.

In the meantime, heat together the honey and the remaining orange flower water in a pan. Dip the still hot sbiaats in this and heat for 5 minutes. Drain the sbiaats, place on a baking tray and set aside to cool.

Either serve or store in an air-tight box.

Kalakand Coconut Barfi

Kalakand Coconut Barfi is a traditional Indian recipe for a classic dessert of condensed milk thickened desiccated coconut that's flavoured with cardamom, garnished with slivered almonds and allowed to set, and which makes an excellent treat for Diwali.

Ingredients:

400ml (1 2/3 cups) condensed milk
250g (9 oz) desiccated coconut (reserve 1 tbsp for garnish)
2 tbsp sugar
5 tbsp ghee
2 tsp ground cardamom seeds
45g (1 1/2 oz) slivered almonds

Method:

Combine the condensed milk, desiccated coconut and sugar in a heavy-based pan and cook gently over low heat (do not boil) or until the volume of liquid has reduce to 1/3 the original volume (about 15 minutes). Keep stirring frequently during this time.

Add the ghee and cardamom powder, stirring until combined. Take off the heat then turn into a pan lined with clingfilm (plastic wrap). Scatter over the slivered almonds and the reserved desiccated coconut then transfer to the refrigerator and chill for 60 minutes.

Cut into squares using a blunt knife then return to the refrigerator and chill for 20 minutes more before serving.

Strawberry Firni

Strawberry Firni is a traditional Indian recipe for a classic dessert of a rice pudding base with diced strawberries that's cooled to set, garnished withe sliced strawberries and served chilled, often for Diwali.

Ingredients:

12 fresh strawberries
4 tbsp rice
9 blanched almonds
1l (4 cups) milk
150g (3/4 cups) sugar
1/2 tsp green cardamom powder
slices of strawberries, to garnish

Method:

Wash the rice, place in a bowl, cover with cold water and set aside to soak for 30 minutes. After this time, drain the rice and grin to a coarse paste.

Mix the rice paste with 120ml (1/2 cup) water and set aside. Hull the strawberries and finely chop them.

Soak the almonds in a bowl of water for 5 minutes. Drain and finely chop.

Pour the milk into a heavy-based pan and bring to a boil. Gradually stir in the rice paste, bring to a simmer and cook for 4 minutes, stirring constantly, until the milk thickens.

Stir in the sugar, ground cardamom and continue simmering until the sugar dissolves. Take off the heat, set aside to cool to room temperature then stir in the diced strawberries.

Divide the mixture between individual serving bowls (traditionally earthenware), garnish with the strawberry slices, chill in the refrigerator for at least 90 minutes and serve.

Almond Katli with Pistachios

This is another variant of Goan vindaloo, made with salt pork, which is typically served as a relish rather than a main meal (though it makes a good meal with rice, pickle and flatbreads).

Ingredients:

120g (5 oz) blanched almonds

100g (3 1/2 oz) sugar
1 tsp ghee
2 tsp liquid glucose
pinch of saffron
chopped pistachios, to garnish

Method:

First you need to make almond powder from the blanched almonds. Mix the almonds with 250ml (1 cup) water. Stir to combine then place in your microwave and cook on full power for 3 minutes. Drain the almonds, spread out on a plate then return to the microwave and cook on full power for 2 minutes.

Set aside to cool, transfer to a food processor and pulse to chop. Once the almonds are coarsely chopped continue pulsing until you have a fine powder (if you do not pulse, you will end up with a sticky mass).

Weigh out 100g (3 1/2 oz) of the almond powder and set aside.

Place the sugar in a pan with 50ml (1/5 cup) water. Heat until the sugar dissolves then bring to a simmer and cook until you have a thick syrup. Take off the heat, stir in the almond powder and all the other ingredients (apart from the pistachio nuts).

Spread the mixture out on greased waxed paper. Level the top, allow to cool then cut into pieces.

Before the katli dry out sprinkle over the almonds and press into the top. Allow to dry and serve to your guests with tea.

Milk Cake

Milk Cake is a traditional Indian recipe for a classic cake made from milk thickened with milk powder and sugar that's set on a nut base before being inverted and served and which is often prepared for Diwali.

Ingredients:

500ml (2 cups) milk
70g (2 1/2 oz) powdered milk
100g (3 1/2 oz) sugar
100ml (1/2 cup) ghee
tiny pinch of powdered alum
100g (3 1/2 oz) mixed chopped nuts

Method:

Whisk the milk power into the milk until smooth. Turn into a pan then stir in the sugar, ghee and alum.

Heat gently until the sugar dissolves then bring to a boil and continue boiling, stirring frequently, until the ghee begins to separate out.

Grease a dish (I use a silicone cake mould) and arrange the chopped nuts in the base. Pour in the milk mixture then set aside to cool to room temperature.

Invert the cake onto a plate and decorate if desired.
Slice into wedges and serve.

Pineapple Rasmalai

Pineapple Rasmalai is a traditional Indian recipe for a classic dessert of bread soaked in milk with a pineapple filling that's served with a blend of milk, cream and pineapple and which is a common dish for Diwali.

Ingredients:

1 loaf of white bread, cut into thick slices
120ml (1/2 cup) milk

For the Filling:

2 tbsp pineapple finely chopped
3 tbsp soft Paneer Cheese, grated
1 tbsp powdered sugar

For the Rabdi:

120ml (1/2 cup) milk
120ml (1/2 cup) condensed milk
120ml (1/2 cup) double cream
5 tbsp pineapple crush

1 tbsp chopped pistachio nuts, to garnish

Method

Use a round pastry cutter to cut rounds from the white bread slices.
Dip each circle of bread in the cold milk then set aside on a plate.
Combine all the filling ingredients together and spread a little over half the bread rounds.
Sandwich one topped and one un-topped round of bread together (with the filling in the centre) and arrange on a serving dish.
Whisk together the milk, condensed milk, cream and pineapple crush. Pour this over the bread rounds then cover and transfer to the refrigerator to chill for at least 2 hours.
Garnish with the chopped pistachio nuts and serve.

Choco Pistachio Rolls

Choco Pistachio Rolls is a traditional Indian recipe for a classic no-bake cake-like desert of chocolate khoya wrapped around a pistachio nut khoya core before being chilled, sliced and served, typically for Diwali.

Ingredients:

150g (6 oz) grated Khoya
45g (1 1/2 oz) powdered sugar
1 tsp cocoa powder
2 tbsp chopped pistachio nuts

Method:

Mix together the khoya and powdered sugar in a heavy-based pan. Cook over low heat, stirring constantly, until the sugar has dissolved and the liquid has all evaporated away.

Take off the heat, allow to cool completely then stir and divide into two portions. Add the cocoa powder to one portion, mix well then turn out onto a lightly-floured work surface and roll out into a rectangle.

Add the chopped pistachio nuts to the other portion, mix well then form into a roll about 3cm (1 in) in diameter.

Place the pistachio roll in the centre of the chocolate rectangle and roll so that the chocolate completely covers thee pistachio filling.

Wrap the resultant roll in butter paper, set on a baking tray and refrigerate until firm (about 10 minutes). Remove the paper, use a bread knife to cut into 1cm (91/2 in) thick slices and serve.

Angel Burfi

Angel Burfi is a traditional Indian recipe for a classic sweetmeat made from a powdered mil and flour blend that's spiced and mixed with fruit before being set, sliced, and served, typically for Diwali.

The Maida flour called for in this recipe is a finely milled and highly-refined Indian flour typically used in making cakes, desserts and sweetmeats. Substitute fine (at least 00 grade) cake flour.

Ingredients:

120ml (1/2 cup) ghee
120g (4 1/2 oz) powdered milk
140g (5 oz) Maida flour
400g (1 lb, scant) sugar
1 tsp ground cardamom seeds
1/4 tsp saffron threads, crumbled
1 tbsp pistachio nuts (optional)
1 tbsp currants (optional)
1 tbsp candied peel, chopped (optional)
1 tbsp glacé cherries (red and green), chopped

Method:

Heat the ghee in a pan, scatter over the Maida flour and stir briefly until lightly toasted and aromatic.

Take off the heat, set aside to cool then mix with the milk powder.

In a pan, combine the sugar with 250ml (1 cup) water. Heat gently, stirring, until the sugar dissolves then bring to a boil and cook, without stirring to the soft ball stage (113–116ºC; when a little of the syrup is dropped in cold water it will form a soft, flexible ball).

Take the syrup off the heat then beat in the flour and milk powder mix, stirring continuously. Add the spices and stir until the mixture comes to a dough-like consistency. If desired, stir the

fruit and nuts in at this stage.

Turn the mixture onto a greased plate and shape. Mark and cut into squares and set aside to cool and set. Divide into squares and store or serve.

Apple Kesari with Nutmeg

Apple Kesari with Nutmeg is a traditional Indian recipe for a classic thick semolina porridge with nutmeg, almonds, raisins, saffron and apple that makes and excellent dessert and which is commonly served for Diwali.

Ingredients:

1 medium cooking apple, peeled, cored and chopped
150g (1/3 lb) semolina (rava)
200g (7 oz) sugar
750ml (3 cups) hot water
2 pinches saffron threads
3 tbsp milk
2 pinches freshly-grated nutmeg
1 tbsp flaked almonds
1 tbsp raisins
4 tbsp ghee

Method:

Heat 1 tbsp of the ghee in a pan, add the almonds and raisins and fry gently until golden brown. Remove with a slotted spoon and set aside.

Crumble the saffron into the milk, crush with a spoon and set aside to infuse.

Heat 1 tbsp of ghee in a wok or kadai and add the semolina flour. Toast until aromatic (but be careful not to burn) then stir in the hot water, ensuring you beat the mixture until smooth. Bring to a simmer and cook for a few minutes, or until the flour is no longer raw then mix in the sugar, nutmeg and the saffron (along with its soaking milk).

Mix thoroughly and continue cooking gently until the mixture thickens then stir in the raisins, almonds, chopped apples and the remaining ghee. Mix well and continue cooking until the mixture starts to leave the sides of the pan as you stir it.

Take off the heat, spoon into dishes and serve warm.

Mawa Peda

Mawa Peda is a traditional Indian recipe for a classic dessert of milk powder cakes decorated with chironji nuts.

Ingredients:

2l (4 cups) whole milk
150g (1/3 lb) powdered sugar
1 tsp ground cardamom seeds
25 chironji nuts, or substitute almonds (1 to decorate each peda)

Method:

Begin by preparing the mwa (this is also known as khoya): Pour the milk into a heavy-based pan, bring to a boil then reduce to a simmer and cook, stirring constantly, until the milk becomes thick. Take are to stir constantly and to scrape the bottom of the pan to prevent the milk from catching and burning, or it will become bitter.

When the milk has thickened so much that it's almost solid, take the pan off the heat and set aside to cool. Remember that the pan will still be hot, so keep stirring even as the milk cools down. This process will take at least 50 minutes and you will get about 250g (9 oz) of mwa at the end.

Once the mwa has cooled, turn into a clean pan and mash with a fork then stir for about 4 minutes, or until soft. Stir in 2 tbsp of the powdered sugar then place on gentle heat and continue stirring until the mixture becomes thick and lightly golden brown.

Take off the heat and set aside to cool then stir in the remaining sugar. Mix thoroughly with your hands then take small pieces of the dough, roll into balls and flatten into patties.

Decorate each peda with a chironji seed and serve.

Besan Ladoo

Besan Ladoo is a traditional Indian recipe for a classic dessert or snack of filo (phyllo) pastry stuffed with an almond mix that's fried to cooked, dipped in honey and cooled before serving.

Ingredients:

180ml (2/3 cup) ghee
150g (1/3 lb) gram (chickpea) flour (this is the besan)
120ml (1/2 cup) whole milk
90g (3 oz) powdered sugar
6 almonds, coarsely chopped
6 raisins
seeds from 6 cardamom pods, powdered

Method:

Heat the ghee in a pan over low heat. When it's warmed through stir in the besan (chickpea flour) and cook for about 5 minutes, stirring constantly, or until the aroma of the chickpeas disappears and the mixture is golden brown.

Take off the heat, and whilst beating vigorously add the milk in a slow, steady, stream. Once thoroughly combined set aside to cool.

Mix in the almonds, sugar, raisins and ground cardamom. When the mixture has cooled, but is still warm to the touch, shape into lime-sized balls (add more ghee if needed). Arrange the besan ladoo in a dish and serve.

If you like your ladoo with a little texture, substitute 4 tbsp rava (semolina) for 4 tbsp of the gram flour.

Jangri

Jangri is a traditional Indian recipe for a classic dessert of orange-coloured ground bean fritters that are fried and soaked in syrup before serving.

Ingredients:

For the Jangri:

90g (3 oz) whole white urad dhal (husked black chickpeas)
1 tsp rice flour
a few drops of orange food colouring
pinch of salt

For the Sugar Syrup:

150g (5 1/2 oz) sugar
1/2 tsp lemon juice
4 drops rose essence
a few drops of orange food colouring

oil for frying

Method:

Wash the urad dhal, place in a bowl, cover with plenty of water and set aside to soak for 2 hours. After this time, drain the beans, place in a food processor with 3 tbsp water and process to a smooth and fluffy batter. Mix in the rice flour, a pinch of salt and just enough food colouring to give the batter a deep orange colour. Pour into a bowl and set aside to rest.

In the meantime, prepare the syrup. Place the sugar in a pan, add just enough water to cover then gently bring to a boil, stirring constantly. Add the lemon juice, rose essence and just enough of the food colouring to give the syrup an orange hue. Beat thoroughly then take off the heat.

Heat oil to a depth of 3cm (1 in) in a broad, flat-bottomed frying pan. Take a plastic freezer bag, make a hole in one corner with a small nail and pour in the urad dhal batter. When the oil starts to bubble in the bottom pipe in your jangris.

Pipe an outer double circle about 4cm in diameter. Now fill the circle with a spiral pattern so that it's completely filled in. Make as many of these as you can in the pan. Fry the jangris until golden brown on the base then flip over (chopsticks are the best tool for this) and cook on the other side.

Take out the jangris and immediately immerse in the still warm orange syrup. Drain then arrange on a plate and allow to air-dry for 30 minutes before serving.

If you have not made these before, then practice piping out the jangris onto a sheet of clingfilm (plastic wrap) before piping into the oil for real.

Phirni (Sweet Rice Pudding)

Phirni (Sweet Rice Pudding) is a traditional Indian recipe for a classic dessert of ground rice and cinnamon with sugar cooked in a milk base until thick and which is often served for Diwali.

Ingredients:

1.25l (5 cups) whole milk
2 x 3cm (1 in) lengths of cinnamon sticks
90g (3 oz) rice
150g (6 oz) sugar
walnuts, to garnish
slivered almonds, to garnish

Method

Wash the rice, place in a bowl, cover with water and set aside to soak for 2 hours.

After this time, drain the rice, turn into a food processor and grind coarsely.

Pour the milk into a heavy-based pan. Add the cinnamon sticks and bring to a boil. Stir in the ground rice and continue cooking, stirring frequently, for about 20 minutes or until the rice is completely cooked and tender.

At this point, add the sugar and stir until dissolved. Reduce the heat and cook gently for 30 minutes more then take the pan off the heat. Set the phirni aside to cool completely then turn into serving bowls and chill in the refrigerator for at least 30 minutes.

Garnish with a walnut and slivered almonds then serve.

Puli Pithe

Puli Pithe is a traditional Indian recipe for a classic sweet porridge of coconut and semolina in a sweetened milk and ream base which is commonly served for Diwali.

This is a dish with many variants throughout India and Bangladesh. In Bengali it's called 'paak'.

Ingredients:

220g (9 oz) fresh coconut, grated
150g (6 oz) semolina (rava)
360ml (1 1/2 cups) single cream
180ml (2/3 cup) milk
350g (12 1/2 oz) brown sugar (adjust to taste)
ground cardamom, to garnish (optional)

Method:

Heat a wok and use to dry-toast the coconut until aromatic. Add the semolina, 200g (1 cup) sugar and 120ml (1/2 cup) of the single cream and cook, stirring constantly, until the mixture comes together and thickens sufficiently to begin coming away from the sides of the pan.

Take off the heat and set aside to cool until the mixture can be handle. Using the palms of your hands, mix the dough into little cylinders.

In the meantime, combine the remaining cream in a pan with the milk and 150g (6 oz) sugar. Cook over low heat until the sugar dissolves and the mixture begins to thicken (this could take up to 60 minutes). Once it's thick enough (think whipping cream) stir in the grated coconut and the dough cylinders.

Bring to a boil and cook for about 6 minutes more. Divide between individual serving

dishes, garnish with ground cardamom (if desired) and serve.

Ukkarai

Ukkarai is a traditional Indian recipe for a classic dessert of a ground black chickpea porridge sweetened with jaggery and flavoured with cardamom that's served topped with fried cashew nuts and which is often served as a Diwali dessert.

Ingredients:

150g (6 oz) channa dhal (black chickpeas/Bengal gram)
180g (6 1/2 oz) jaggery (palm sugar), scraped
pinch of ground cardamom
3 tbsp ghee
10 cashew nut halves, fried in ghee until golden

Method:

Wash the chana dhal, place in a pan, cover with water, bring to a boil and cook for about 20 minutes, or until just beginning to soften. Drain the beans and set aside to cool then transfer to a blender and process until puréed (add a few tablespoons of water, as needed).

Heat a pan and add the jaggery and 3 tbsp water. Heat until the sugar melts then add the channa dhal paste. Cook, stirring constantly, until the ingredients are thoroughly combined.

Add the ghee and ground cardamom and cook, mixing constantly, for 5 minutes more. Take off the heat, turn into a serving dish, scatter over the cashew nuts and serve.

Kubani (Dried Apricot Dessert)

Kubani (Dried Apricot Dessert) is a traditional Indian recipe for a classic dessert of dried apricots that are soaked, cooked to a sweet puree and served with the kernels.

Ingredients:

20 whole, dried apricots
160g (5 3/4 oz) sugar

Method:

Wash the apricots, place in a bowl, cover with 500ml (2 cups) water and set aside to soak over night.

The following day, remove the pits from the apricots, crack the pits and remove the kernels. Set these aside.

Combine the apricot flesh and their soaking water in a pan. Bring to a gentle simmer and cook for about 15 minutes over medium heat then mash the flesh as best as you can.

Stir in the sugar and continue cooking until the mixture thickens. Stir in the kernels, cook for 5 minutes more then take off the heat.

This makes an excellent topping for ice cream. It can also be served with cream or custard.

Double ka Meetha

Double ka Meetha is a traditional Indian recipe for a classic dessert of fried bread soaked in a milk and milk solids mixture that's served garnished with nuts and fruit.

Ingredients:

4 slices of bread
500ml (2 cups) whole milk
50g (2 oz) Khoya, grated
100g (1/2 cup) sugar
90g (3 oz) mixed nuts (cashew nuts, almonds, pistachios, raisin)
ghee for deep frying
generous pinch of ground cardamom
generous pinch of saffron, crumbled

Method:

Trim the crusts from the bread then slice the remainder into quarters.

Heat ghee to a depth of 2cm (1 in) in a pan, add the bread pieces and fry until golden brown all over. Remove the slices with a slotted spoon and set aside to drain on kitchen paper.

In a separate small pan, add the milk and bring to a boil. Stir in the cardamom and saffron, reduce to a simmer then stir in the sugar and the grated khoya (milk solids). Continue simmering, stirring frequently, until the mixture reduces to half its original volume and thickens.

Arrange the fried bread slices in a deep dish. Pour over the sweetened and thickened milk, adding it slowly so that the fried bread is completely covered and soaked. Set the mixture aside until the bread has absorbed all the milk (if the mixture still looks a little liquid even after 20 minutes place in an oven pre-heated to 180ºC (350ºF) and bake for 6 minutes).

Scatter over the fruit and nuts and serve.

Mal Pua (Coconut Pancakes)

Mal Pua (Coconut Pancakes) is a traditional Indian recipe for a classic sweet dessert pancake made from a blend of desiccated coconut, rice flour and milk flavoured with cardamom that's cooked in deep oil and is often served during Diwali.

Ingredients:

100g (3 1/2 oz) desiccated coconut
120g (4 oz) rice flour
250ml (1 cup) milk
2 tbsp sugar
seeds from 1 cardamom pod, crushed
oil for deep frying

Method:

In a bowl, mix together the desiccated coconut and rice flour then beat in the milk until the mixture is smooth and the consistency of a runny batter (add more milk as needed).

Sprinkle over the sugar and cardamom pod and stir to combine.

Heat oil to a depth of 5cm (2 in) in a deep-sided pan. When the oil is very hot drip in the

batter by the tablespoonful (it will spread to form small pancakes). Deep fry the pancakes on both sides until golden brown all over.

It is best to cook them individually. When done, drain on kitchen paper and serve.

They are either eaten plain, with honey or with a syrup made by boiling together 250ml (1 cup) water and 200g (4/5 cup) syrup for about 15 minutes and flavouring with rose water or kewra water.

Oat Mittai with Fruit and Nuts

Oat Mittai with Fruit and Nuts is a modern Indian recipe for little sweet cakes made from a blend of toasted oats, nuts and fruit bound with sugar that are typically served for Diwali.

Ingredients:

6 tbsp oats
6 tbsp sugar
10 almonds or cashew nuts
6 dates
10 raisins
1 tbsp vegetable oil

Method:

Place a non-stick pan over low heat, add the oats and toast lightly for about 3 minutes. Turn onto a plate and set aside.

Chop the dates, raisins and nuts into tiny pieces and set aside.

Place the sugar in a large pan, set over medium heat and allow to melt without stirring then continue cooking until it caramelizes a light brown. Add the chopped nuts and fruit along with the vegetable oil then stir to combine and cook for 1 minute over low heat.

Sprinkle the oats over the top of the mixture and allow to cook without stirring for 10 seconds. After this time stir the mixture for between two or three minutes, or until the oats are thoroughly coated in the caramel mixture.

Take the pan off the heat and quickly shape the mixture into your preferred shapes (a jar lid is a good mould).

Kozhukattai Payasam

Kozhukattai Payasam is a traditional Indian recipe for a dessert or sweet dish of rice flour balls served in a condensed milk sauce that is often presented during Diwali.

Ingredients:

210g (1 1/2 cups) rice flour
250ml (1 cup) milk
250ml (1 cup) water
pinch of salt
1 tsp sesame oil

For the Sauce:

1 tin (400g [14 oz]) sweetened condensed milk (or coconut milk)
6 cashew nuts, fried in butter until browned
1 tsp crushed cardamom pods

Method:

Boil the water in a pan with the salt and a few drops of sesame oil. When the water just comes to a boil gradually whisk in the rice flour, ensuring that no lumps are formed. Cook until the mixture is thick then form into balls (these are the kozhukattai).

For the sauce, pour the condensed milk in a pan. Bring to a simmer, stirring constantly and cook for 5 minutes. Add the cashew nuts and cardamom pods and cook for 5 minutes more.

Add the kozhukkattai balls to a serving bowl, pour over the condensed milk sauce and serve.

Red Rice Rava Kheer

Red Rice Rava Kheer is a traditional Indian recipe for a classic Diwali dish of sweetened milk and condensed milk thickened with red rice rava that's finished with dried fruit and ghee.

Ingredients:

75g red rice rava, washed
100g (1/2 cup) jaggery
3 tbsp milk
500ml (2 cups) condensed milk
1 tsp dried fruit of your choice
1 tsp ghee

Method:

Pour the milk into a heavy-based pan and bring to a boil. Add the washed red rice rava, bring to a boil and cook for about 5 minutes or until the rava is soft and the milk has thickened.

Once the mixture begins to thicken add the condensed milk and stir well to combine. Bring back to a simmer and cook until the mixture is thick. Take off the heat and set aside to cool.

Stir in the jaggery until dissolved. Heat the ghee in a ladle, add the dried fruit then pour into the kheer and stir well to combine.

This dish can be served either warm or chilled.

Gothambu Paayasam

Gothambu Paayasam is a traditional Indian dessert of a coconut milk and crushed wheat mix served garnished with ghee, nuts and fruit.

Ingredients:

120g (1 cup) crushed wheat
1l (4 cups) water
875ml (3 1/2 cups) medium thick coconut milk (500ml [2 cups] thick coconut milk + 275ml [1 1/2 cups] water)

250ml (1 cup) thick coconut milk
2 tsp ghee
3 cardamom pods, crushed

To Garnish:
2 tsp ghee
4 tbsp cashew nuts
4 tbsp raisins
8 tbsp coconut pieces

Method:

Either boil or pressure cook the crushed wheat until soft.

In the meantime, melt the jaggery in a pan with 120ml water. Strain this mixture through a fine-meshed sieve then mix this in a bowl with the cooked crushed wheat.

Add the ghee, turn into a pan and cook until the mixture is almost dry. Add the medium coconut milk and the ghee and bring to a boil. Reduce to a simmer and cook until the mixture is thick. Add the crushed cardamom then stir in the thick coconut milk.

Bring back to a simmer and cook gently for 5 minutes more (do not boil once the thick coconut milk is added).

Combine the ghee and coconut milk to a small pan. When the coconut colours a light brown, add the raisins and cashew nuts.

Turn the jaggery mixture (the paaysam) into a serving dish and garnish with the fruit and jut mixture (the gothambu). Serve immediately.

Puran Poli

Puran Poli is a traditional Indian recipe for a classic dough fritter with a bean and sugar filling that is shallow fried and which is commonly served for Diwali, but which makes an excellent snack at any time.

The Maida flour called for in this recipe is a finely milled and highly-refined Indian flour typically used in making cakes, desserts and sweetmeats. Substitute fine (at least 00 grade) cake flour.

Ingredients:

For the Stuffing:
120g (1 cup) split chana dhal (black chickpeas)
150g (3/4 cup) jaggery, grated
1/4 tsp green cardamom powder
1 tbsp fresh ginger, grated

For the Dough:
275g (1 1/4 cups) maida
pinch of salt
120ml ghee (clarified butter)
cold water, to bind

Method:

Wash the chana dal, place in a large pan, cover with plenty of water and bring to a boil. Continue cooking until the beans are soft enough to be easily mashed with a fork.

Drain the chana dhal, return to the pan and add the grated jaggery along with the ginger, cardamom powder. Cook the mixture, stirring constantly, until almost dry. Take off the heat and set aside to cool.

Once cold, turn the mixture onto a flat work surface then powder by hitting or rolling with a rolling pin. Divide the mixture into sixteen to twenty equal portions then roll these into balls with your hands.

For the dough. Combine the flour and salt in a bowl. Add 3 tbsp of the ghee then work in just enough cold water to form a soft dough. Place in a bowl, cover and set aside to rest for 30 minutes.

Divide the dough into the same number of pieces as the filling. Roll the dough into balls then flatten each ball between your palms and stuff each one with a portion of the stuffing mixture. Cover with the dough and seal the edges.

Dust the balls with flour then roll out into medium-thick rounds.

Heat the remaining ghee in a tawa or wok, add the puran poli and cook, individually, until browned on both sides.

Serve warm, accompanied by ghee.

Pineapple Pudding

Pineapple Pudding is a modern Indian recipe for a classic Diwali dish of pineapple topped with biscuits served in a milk sauce that's garnished with Nestlé cream and coloured sugar before serving.

Ingredients:

1 pineapple
1 tbsp sugar
250ml (1 cup) milk
5g (2 tbsp) chinagrass (agar-agar)
10 cashew nuts
10 dates, chopped
10 Marie biscuits
250ml (1 cup) whole milk
200ml (1/2 tin) condensed milk
3 tbsp sugar
almonds, to garnish

To Garnish:

200ml Nestlé cream
4 tbsp coloured sugar
almonds, cashew nuts, dried fruit, to garnish

Method:

Peel the pineapple then cut the flesh into small pieces. Combine with the 1 tbsp sugar in a pan and cook over high heat, stirring frequently, until the pineapple releases its excess liquid and all this evaporates away.

Layer the pineapple pieces in a pudding dish. Arrange the Marie biscuits over the top, followed by the dates and cashew nuts.

In the meantime, combine the milk, sugar and condensed milk in a pan. Bring to a boil then take off the heat and allow to cool slightly before beating in the agar-agar until dissolved (if the mixture forms chunks process in a liquidizer until smooth).

Carefully pour the mil mixture over the layers in your pudding dish (be careful not to disturb the layers) then allow to cool before transferring to the refrigerator to cool completely.

Beat together the Nestlé cream and coloured sugar then pour over the pudding and serve garnished with nuts and fruit. Allow to cool and serve.

Classic Spice Blends

Introduction

This chapter presents different and classic spice blends from across the globe. You will already have encountered some of these spice blends in preceding chapters. Here, however are the recipes for all the spice blends referred to in this book, as well as recipes for other traditional spice blends.

A spice blend is a way of preparing and storing a flavouring mix needed for a recipe or a cuisine so that it is always to hand. Thus we have spice blends for flavouring (from simple things like lemon pepper to highly complex blends like the North African Ras el Hanout). Or a spice blend can be a mix of flavours that is crucial in creating a dish. Think of curry blends, mole blends or pickling spice blends.

This chapter is divided into three sections. First come all the traditional spice blends. Next are curry powders (and curry-associated blends, such as Garam Masala) from across the globe. All these can be prepared and stored long-term.

The final part of this chapter has spice pastes needed in preparing more authentic curries. These need to be prepared and cooked almost immediately before use.

Traditional Spice Blends used in Curries or Curry-like Dishes

Berbere Spice

Origin: Ethiopia Period: **Traditional**

This is a traditional Ethiopian recipe for a classic hot spice blend that's a feature of Ethiopian cookery.

Berbere spice is a classic Ethiopian spice blend (most notably of the Eritrea region) where it's typically added to colour and flavour stews. It can also be used in the same way as masala to heighten the notes of a stew or curry or it can be used as a rub on meat or fish.

Ingredients

2 tbsp whole cumin seeds
4 whole cloves
3/4 tsp whole Ethiopian cardamom (*Aframomum corrorima*) seeds, or substitute black cardamom seeds
1/2 tsp black peppercorns
1/4 tsp allspice berries
1 tsp fenugreek seeds
1/2 tsp whole coriander seeds
10 piri-piri chillies, dried
1/2 tsp freshly-grated ginger
1/4 tsp turmeric
1 tsp sea salt
2 1/2 tbsp paprika
1/4 tsp freshly-ground cinnamon
1 tsp dried thyme leaves

Warm a small non-stick frying pan and on low heat toast the cumin, cloves, cardamom, peppercorns, allspice, ginger and fenugreek for about 2–3 minutes, until the spices begin to 'pop', stirring constantly. Remove from the heat, allow to cool then add to a coffee grinder along with the de-stemmed chillies and thyme leaves then grind to a fine paste. Add the remaining ingredients and store in a well-sealed jar.

Chinese Five Spice Powder

Origin: **China** Period: **Traditional**

Chinese Five Spice is a traditional Chinese recipe for an almost indispensable Chinese blend of spices that occurs in so many Chinese dishes. The full recipe is presented here and I hope you enjoy this classic Chinese version of Chinese Five Spice.

Ingredients:

2 tbsp Sichuan pepper
8 star anise
1/2 tbsp cloves
1 tbsp freshly-ground cinnamon (in traditional Chinese recipes, ground cassia bark is

always used, ensure you use Cassia if making red-cooked dishes)
1 tbsp fennel seeds

Method:

Warm a non-stick drying pan and toast the Sichuan pepper in this until the aroma is released (about five minutes). Add the toasted Sichuan pepper and the star anise to a coffee grinder. Grind to a fine powder and sift to remove any woody stems from the Sichuan pepper. Next add the cloves, cinnamon and fennel seeds to the grinder and grind to a fine powder. Mix with the pre-ground Sichuan pepper and star anise and store in an airtight container, where it will last for several weeks.

Jamaican Jerk Seasoning

Origin: **Jamaica** Period: **Traditional**

Jamaican Jerk Seasoning is a traditional Jamaican spice blend typically used as a spicy coating for chicken and fish.

This is a classic Jamaican recipe that dates back to the original inhabitants of Jamaica, the Carib-Arawak Indians who used this method of spicing for pit-cooked meats.

Ingredients

For the Dry Powder:
1 tbsp ground allspice
1 tbsp dried thyme
1 1/2 tsp Cayenne pepper
1 1/2 tsp freshly-ground black pepper
1 1/2 tsp ground sage
3/4 tsp ground nutmeg
3/4 tsp ground cinnamon
1 tbsp habanero or Scotch bonnet powder

For the Fresh Mix:
2 tbsp minced fresh garlic
1 tbsp brown sugar
1 Habanero (or Scotch Bonnet) chilli
3 spring onions, finely chopped
225g (1/2 lb) finely-chopped onion

Method:

If making a dry spice blend then simply mix all the herbs and spices together and store in an air-tight jar. If, however, you are making a fresh blend then de-seed and finely chop the Habanero pepper, then in a large bowl combine the allspice, thyme, cayenne pepper, black pepper, sage, nutmeg, cinnamon, salt, garlic and sugar then add the Habanero peppers and the onion.

This mixture can be kept in the refrigerator for a few days and makes an excellent rub for fish and meats. However, if you want to use the mixture as a marinade stir-in 100ml orange juice, 4 tbsp lime juice, 6 tbsp oil and 2 tbsp soy sauce.

Kammon Hoot

Origin: **Libya** Period: **Traditional**

This is a traditional Libyan recipe for a classic spice blend typically used in fish dishes (hence the word hoot [fish]) and which is a classic Libyan spice blend.

Kammon Hoot (also known as Kammoon Hoot) is a Libyan spice blend that's very similar to Harissa but which contains a large portion of cumin (Kammon) and which is, most typically, used to season fish (Hoot). I hope you enjoy this classic Libyan version of: Kammon Hoot (Kammoon Hoot).

Ingredients

1 tsp caraway seeds
1 tsp mint
3 tsp cumin seeds
5 garlic cloves
1 tsp coriander seeds
15 dried hot red chillies

Method:

Cover the chillies with hot water and let stand for 15 minutes until soft. Place chillies and remaining ingredients in a blender and puree until smooth using water that the chillies soaked in to thin it. The sauce should have the consistency of thick paste. If you place the paste in a jar and cover with a thin film of olive oil it will keep for at least a couple of months in the refrigerator.

Panch Phoron

Origin: **India** Period: **Traditional**

This is a traditional Indian recipe (from the Bengal region) for a classic spice blend that's also sometimes known as Bengali Five-spice.

Ingredients

1 tbsp cumin seeds
1 tbsp fennel seeds
1 tbsp mustard seeds
1 tbsp Nigella seeds
1 tbsp fenugreek seeds

Heat a dry non-stick pan on a low heat, add the spices to this and toast gently for five minutes. Allow to cool then transfer to a coffee grinder and blend to a smooth powder. This will

store for several weeks in an air-tight jar.

Pickle Masala Powder

Origin: **India** Period: **Traditional**

This is a traditional Indian recipe (from Kerala) for a classic spice blend that's typically used during pickling.

This is a classic Indian spice powder from Kerala that's typically used to flavour pickles and chutneys.

Ingredients

100g (1 1/2 cups) dried red chillies
1 tbsp dried methi (fenugreek) curry leaves
2 tbsp moong (dried mung beans)
1 tbsp jeera (cumin seeds)
1 tbsp mustard seeds
1 tsp haldi (turmeric) powder
1 tsp hing (asafoetida) powder

Method:

In a dry frying pan separately toast the chillies, fenugreek, mung beans, cumin seeds and mustard seeds until aromatic. Combine in a spice grinder (or coffee grinder) and render to a fine powder. Mix with the turmeric and asafoetida then turn into a jar and keep in a cool, dark, cupboard until needed.

Ras el hanout

Origin: **North Africa** Period: **Traditional**

This is a traditional North African recipe for a complex and very aromatic spice blend that's a feature of the region's cookery.

Ras el hanout (رأس الحانوت) is one of the 'must have' spice blends in Middle Eastern and North African (especially Moroccan) cuisine. The name itself literally means 'Head of the Shop' in Arabic and refers to the best quality spices that the merchant has. Though there is no set combination of spices that comprises ras el hanout, most versions contains over a dozen spices (and some can have as many as a hundred ingredients). The mixture given below represents an authentic Moroccan version containing a large number of spices, including some rather obscure ones such as rosebud (which can be omitted).

Ingredients

4 whole nutmegs
10 rosebuds (dried) (or 25g [1 oz] dried Damask rose petals or 25g [1 oz] dog rose petals) [optional]
5 x 6cm (1 1/2 in) cinnamon sticks
12 blades of mace

4 tsp allspice
1 tsp aniseed
8 pieces of dried turmeric (or 2 tbsp powdered turmeric)
4 dried cayenne chillies
8 dried piri-piri chillies
1/2 tsp lavender leaves [omit if serving to a pregnant woman]
1 tbsp white peppercorns
2 pieces dried galangal
5cm (2 in) piece whole ginger cut into small cubes (or 2 tsp ground ginger)
6 cloves
4 tsp long pepper
24 allspice berries
20 green cardamom pods
4 black cardamom pods
2 tsp cubeb pepper
2 tsp grains of paradise [optional]
4 tsp aniseed
2 tsp cumin
10 saffron threads
1 tbsp fenugreek
2 tsp mustard seeds

Other ingredients often used include the following:

Alligator Pepper
Cinnamon
Galingale
Cassia bark
Ashanti Pepper
Belladonna berries
Ajwain (Bishop's Weed)
Orris root
Black pepper
grains of paradise
Mastic
Nigella seeds
Senegal pepper
Monk's Pepper
white ginger (zedoary root)

Method:

Place all the ingredients in a dry no-stick drying pan and toast under gently heat until the spices begin to colour and/or dry out (the spices are sufficiently toasted when cumin and mustard seeds begin to 'pop'. When done, set the pan aside and allow to cool thoroughly before

transferring to a coffee grinder and grind to a smooth powder. If properly toasted and the wet ingredients are dried then this spice blend will keep in an airtight container for several months.

Shichimi Togarashi (Japanese Seven-spice Powder)

Origin: **Japan** Period: **Traditional**

This is a traditional Japanese recipe for a classic spice blend with citrus peel intended for soups and fatty meats.

This is an essential component of many Japanese recipes (where *Togarashi* is the Japanese word for 'chillies'). The dried citrus peel in this recipe makes it an excellent accompaniment to fatty meats and fish.

Ingredients

2 tbsp Sichuan pepper (Sanshō), ground
1 tbsp dried tangerine peel
1 tbsp chilli powder
2 tsp nori sheet, flaked
2 tsp black sesame seeds
2 tsp poppy seeds
2 tsp garlic, minced

Method:

If you cannot get ready-made dried tangerine peel, it's easy enough to make your own. Pare the peel of a tangerine, cut into strips about 5mm in width then cut into fine shreds. Spread over a lightly-greased baking tray then place in an oven pre-heated to 70ºC (160ºF) and allow to dry out over night. The following morning, allow to cool then crush in a mortar and store in an air-tight jar.

To make the shichimi togarashi, simply combine all the ingredients together and transfer to an air-tight container. It will keep in the refrigerator for up to 1 month.

Wot Kimem

Origin: **Ethiopia** Period: **Traditional**

This is a traditional Ethiopian recipe for a classic spice blend powder, also known as Tikur Kemem that is typically used to flavour red wot dishes.

This is a classic Ethiopian spice blend that's typically used for finishing most red wot (stew) dishes. Sometimes this is known as Tikur Kemem.

Ingredients

110g (3 1/2 oz) black cumin seeds, ground
110g (3 1/2 oz) ajwain seeds (bishop's weed), ground
1 tbsp powdered ginger
1 tbsp garlic powder
1 1/2 tbsp ground Ethiopian cardamom (*Aframomum corrorima*) seeds, or substitute black

cardamom seeds

Method:

Combine all the ingredients in a bowl and mix thoroughly. Transfer to an air-tight jar and store in a cool, dark, cupboard until needed.

Traditional Curry Blends

Masalas

The name 'masala' comes from the Hindi and literally means 'a mixture of spices'. These are typically aromatic spice blends used to flavour curries and pickles and are typically added towards the end of cooking. Garam Masala is the famous spice blend, a mix of hot spices, but it is not the only one and these blends are to be found in countries apart from India, as show here.

Achari Masala

Origin: **India** Period: **Traditional**

Achari Masala is a traditional Indian recipe (from the Punjab) for a classic aromatic spice blend that was originally used for pickles, but which is now also used for curries.

This is a classic curry spice blend that is based on Achar powders (pickle spices) and is a feature of Punjabi cuisine.

Ingredients

1/2 tsp fenugreek seeds
1 tsp fennel seeds
1/2 tsp cumin seeds
4 whole cayenne peppers
3 tbsp crushed hot red chillies
1 tsp kalonji seeds (Nigella seeds)
1 tsp black mustard seeds

Method:

Separately dry roast all the spices in a non-stick pan for about 1 or 2 minutes each, or until aromatic. Combine all the spices together, transfer to a spice grinder or coffee grinder and process until you have a coarse powder.

Store in an air-tight jar until needed.

Amchar Masala

Origin: **Trinidad** Period: **Traditional**

This is a traditional Trinidadian recipe for a classic spice blend, based on an Indian original for toasted and ground whole seeds that is used almost ubiquitously in Trinidadian

cuisine, particularly for Trini-style curries.

This is a classic Trinidadian spice blend influenced by the masalas or spice blends of India.

Ingredients

4 tbsp coriander seeds
1 tbsp cumin seeds
2 tsp black peppercorns
1 tsp whole fennel seeds
1 tsp brown mustard seeds
1 tsp fenugreek seeds

Method:

For this recipe you need whole seeds. Heat a small non-stick pan and add the whole spices to this individually. Fry, stirring frequently, until the seeds are dark and aromatic then turn (about 2 minutes) into a spice or coffee grinder then fry the next set of seeds. Once all the spices have been toasted and added to the grinder render to a fine powder and turn into an air-tight jar.

Store in a cool, dark, cupboard where the spice blend will keep for several weeks.

Balti Garam Masala

Origin: **India** Period: **Traditional**

This is a traditional Indian recipe for a classic version of the aromatic Garam Masala spice blend typically used to flavour balti dishes.

Ingredients

65g (1/2 cup) coriander seeds
6 tbsp White cumin seeds
4 tbsp Aniseed
4 tbsp Cassia bark; pieces
1 tbsp dried rose petals
4 tbsp Green cardamom seeds (split open the pods to remove the seeds)
2 tbsp cloves
1 tbsp Dried mint leaves
1 tbsp Dried bay leaves
8 strands of saffron

Method:

Lightly roast all the spices (except the rose petals, mint leaves, bay leaves and saffron) in a low oven (do not let the spices burn). They should only give off a light steam and when they give off an aroma, remove from the heat, cool, mix-in the remaining ingredients and grind in batches.

After grinding, mix thoroughly, and store in an airtight jar. Balti Garam masala will last almost indefinitely, but it is always better to make small fresh batches every few months to get the best flavours.

Chaat Masala

Origin: **India** Period: **Traditional**

This is a traditional Indian recipe for a classic spice blend that combines salty sour and chilli flavours. Often it's used as a condiment for snacks but can also be used in making vegetarian curries.

Ingredients

4 tbsp coriander seeds
2 tbsp cumin seeds
1 tbsp ajwain
1 tbsp amchoor (mango powder)
2 dried red chillies
3 tbsp kala namak (black salt)
1 tsp black peppercorns
pinch of asafoetida
1 tsp anardana powder (ground pomegranate seeds)

Method:

Place the coriander seeds in a frying pan and fry, dry, on medium heat until toasted and fragrant remove from the pan and set aside. Repeat this process with the cumin seeds, asafoetida and ajwain. Allow the spices to cool then grind to a fine powder (along with the other spices) either in a pestle and mortar or in a coffee grinder. Store in an air-tight container.

Char Masala

Origin: **Afghanistan** Period: **Traditional**

This is a traditional Afghan recipe for a classic spice blend of cinnamon, cloves, cumin seeds and black cardamom seeds that's used to flavour a range of Afghan dishes.

Ingredients

1 tbsp ground cinnamon
1 tbsp ground cloves
1 tbsp cumin seeds, crushed in a mortar
1 tbsp black cardamom seeds

Method:

Combine all the spices in a bowl and stir to mix. Turn the mixture into a jar and store in a cool, dark, cupboard. The mixture will keep for up to 4 months and should be used as needed.

Garam Masala

Origin: **India** Period: **Traditional**

This is a traditional Indian recipe for a classic fragrant spice blend that's a feature of much

of Indian cookery.

Garam Masala is the classic Indian spice blend. Literally the phrase is formed from he words garam (hot) and masala (mixture of spices). However, the hat referred to is a medical cleansing heat and is a classic component of Hindu medicine. The spice blend is easy to make and will keep for up to a month in an air-tight jar

Ingredients

1 tbsp coriander seeds
1 tbsp cumin seeds
1 tsp Green Cardamom Seeds
1 tsp cloves
1 tsp black peppercorns
2 x 5cm (2 in) Cinnamon sticks
2 Bayleaves
1/2 nutmeg, freshly grated
1 Spring Onion
4 Black Cardamoms

Method:

Creating this blend is simplicity itself: simply place all the ingredients in a clean coffee grinder and grind for at least a minute. Test the mixture by rubbing a sample between your fingers. You need a finely-ground mixture, which should not feel gritty to the touch.

Spoon into an airtight container and store in a dark place such as a cupboard. Garam masala should always be added to food towards the end of cooking. It can also be used as a garnish for cooked meats, vegetables or yoghurts.

Green Masala

Origin: **India** Period: **Traditional**

This is a traditional Indian recipe for a classic blend of ginger, garlic, chillies and coriander that's used as the base for pickles and curries.

This is a classic Indian green spice blend that can be used as a basis for a curry or even for chutneys and pickles.

Ingredients

1 small piece of fresh ginger, peeled and chopped
1 garlic clove, sliced
4 fresh green chillies, halved lengthways
1 small bunch of fresh coriander, stalks removed

Method:

Combine all the ingredients in a mortar and pound to a paste with a little water. Transfer to a clean jar, seal and store in the refrigerator. The mix will keep for up to 2 weeks.

Masala Meusi

Origin: **East Africa** Period: **Traditional**

This is a traditional East African recipe for a classic blend of aromatic spices that's used as the base for East African (Swahili) curries and stews.

This is a classic East African curry spice blend that's used almost ubiquitously in the cuisines of Kenya and Tanzania.

Ingredients

2 tbsp cumin seeds
1 tsp cloves
2 tsp blade mace
1/2 tbsp poppy seeds
1 tsp mustard seeds
1 tsp coriander seeds
3 tsp dried piri-piri chillies
1 tsp ground cinnamon

Method:

Separately toast the cumin, cloves, mace, poppy seeds, mustard seeds, coriander seeds and piri-piri chillies in a dry pan until lightly-toasted and aromatic. Once done turn it a coffee grinder. Add the cinnamon and render to a fine powder.

Transfer the masala to an air-tight tin and sore in a cool, dark cupboard.

Nepalese Meat Masala

Origin: **Nepal** Period: **Traditional**

This is the traditional Nepalese spice blend, typically used for meat-based sukuti dishes.

Ingredients

2 tbsp cumin seeds
2 tbsp coriander seeds
1 tbsp garlic, minced
1 tbsp ground ginger
2 dried bayleaves, crumbled
10 dried red chillies
1 tbsp timur (Nepalese Sichuan pepper [substitute Sichuan pepper])
1 tbsp black peppercorns
1 tbsp ground turmeric
5 cloves
5 green cardamom pods
1 tbsp freshly-grated nutmeg
1/4 tsp asafoetida

Method:

Heat a non-stick pan over medium-high heat and use to separately dry fry the cumin, coriander seeds, timur, black peppercorns, cloves and cardamom pods for a few minutes each, until they begin to change colour and become aromatic.

Turn onto a plate and allow to cool. Combine all the ingredients in a spice or coffee grinder and render to a fine powder. Spoon into an air-tight container and sore in a cool, dark, cupboard.

Pilau Masala Powder

Origin: **East Africa** Period: **Traditional**

Pilau Masala Powder is a traditional East African recipe for a classic blend of curry-style spices that's traditionally used to flavour curries and rice-based dishes.

Ingredients

1 1/2 tbsp cumin seeds
1 tbsp cardamom seeds
1/2 tsp black pepper
1/2 tsp cinnamon
1/2 tsp whole cloves
1 tsp dried piri-piri chillies (optional)

Method:

Heat a dry frying pan over moderate heat and add the cumin seeds. Dry fry for a minute then add the cardamom seeds and cloves. Continue dry frying until the spices become aromatic then tip the spices into a spice or coffee grinder (along with the remaining ingredients). Grind to a fine powder and store in an air-tight jar. This will keep for several months.

Reunion Masala Powder

Origin: **Reunion** Period: **Traditional**

This is a traditional Réunionaise recipe for a classic Indian-influenced blend of spices that is a base flavouring for Reunion curries known as Massalé.

This is a classic spice powder that is used commonly in Réunionaise cuisine, particularly in the Creole curries of the island known as 'Masalas'. The recipe given here is for the 'base' masala, as found in commercial preparations. Each family on the island will have their own recipe that might include other ingredients in addition to the ones given below.

Ingredients

2 tbsp coriander seeds
1 1/2 tbsp cumin seeds
2 tbsp fenugreek seeds
2 tbsp black mustard seeds
2 tbsp black peppercorns

1 tbsp ground turmeric
4 tsp cloves

Method:

Heat a dry pan over high heat. Add the coriander seeds, cumin seeds, fenugreek seeds, mustard seeds, black peppercorns and cloves. Fry for a minute or two, or until aromatic (but not burned).

Turn into a coffee or spice grinder and add the turmeric. Process until smooth then store in an air-tight jar until needed.

Sambhar Masala

Origin: **Southern India** Period: **Traditional**

This is a traditional Southern Indian recipe for a classic aromatic masala spice blend that's typically used in the vegetarian dishes of the region (most especially in lentil dishes).

Sambhar Masala (also known as Sambaar Powder or Sambar Powder) is a traditional component of South Indian cuisine. It is especially used in cooking Lentils (Dhal or Dal) and mixed vegetables.

Ingredients

10 dried red chillies
6 tbsp coriander seeds
1 1/2 tbsp ground turmeric
2 tsp black peppercorns
2 tbsp fenugreek seeds
2 tbsp white split gram (chickpea) beans
2 tbsp split yellow peas (channa dal)
2 tbsp mung dal or dhal (lentils)

Method:

Remove the stalks and seeds of the chillies, add to a dry non-stick frying pan along with all the spices except the turmeric. Toast for about three minutes then set aside. Do the same for the pluses. Transfer to a coffee grinder and grind to a fine powder. Mix-in the turmeric and store in an air-tight jar until needed.

Sri Lankan Sinhalese Fragrant Masala Spice Powder

Origin: **Sri Lanka** Period: **Traditional**

This is a traditional Sri Lankan recipe for a classic aromatic spice blend that forms the basis for Sri Lankan curries.

Ingredients

30g (1 oz) cumin seeds
6 green cardamom pod

4 coriander seeds
30g (1 oz) fennel seeds
1 cloves
2cm (1 in) length cinnamon stick

Method:

Add the whole spices to a dry non-stick frying pan and fry until fragrant (about 3 minutes). Transfer to a spice or coffee grinder and render to a fine powder. Store in an air-tight jar, until needed.

Tandoori Masala

Origin: **Northern India** Period: **Traditional**

This is a traditional Northern Indian recipe for a classic aromatic masala spice blend that's typically used for flavouring dishes to be cooked in a tandoor (clay oven).

Ingredients

2 tbsp garam masala
2 tbsp ground cumin seeds
1 tbsp ground coriander seeds
4 tsp ground Kashmiri Mirch chillies (or paprika)
2 tsp dried fenugreek leaves (Methi)
1 tsp ground turmeric
1/2 tsp hot chilli powder

Method:

Combine all the ingredients in a spice blender (or coffee grinder). Pulse to chop then spoon into a jar. Seal and store in a cool, dry cupboard.

It will typically last for between 4 and 6 weeks.

Curry Spice Blends

Though they are convenient, no curry spice blend is in any way authentic. They are actually a Victorian invention that allowed wealthy Britons to gain a taste of exotic India. One of the first recipes for these is given by Mrs Beeton in the *Book of Household Management*, and it's this recipe that I first give below.

They irony is that these curry powders became so successful that they have actually become the basis for a number of curry recipes (though no traditional Indian curry would use them).

Indian Curry-Powder

Origin: **Britain** Period: **Traditional**

This is a traditional British recipe, based on Mrs Beeton's recipe of 1861, for a classic

Victorian English interpretation of a traditional Indian spice blend intended for curries.

This is a traditional British recipe redacted from the redoubtable Mrs Beeton's 1861 volume *Mrs Beeton's Book of Household Management*, the classic Victorian cookbook.

Original Recipe:
INDIAN CURRY-POWDER, founded on Dr. Kitchener's Recipe.

449. INGREDIENTS.—1/4 lb. of coriander-seed, 1/4 lb. of turmeric, 2 oz. of cinnamon-seed, 1/2 oz. of cayenne, 1 oz. of mustard, 1 oz. of ground ginger, 1/2 ounce of allspice, 2 oz. of fenugreek-seed.

Mode.—Put all the ingredients in a cool oven, where they should remain one night; then pound them in a mortar, rub them through a sieve, and mix thoroughly together; keep the powder in a bottle, from which the air should be completely excluded.

Note.—We have given this recipe for curry-powder, as some persons prefer to make it at home; but that purchased at any respectable shop is, generally speaking, far superior, and, taking all things into consideration, very frequently more economical.

Ingredients

115g (1/4 lb) coriander seeds
115g (1/4 lb) ground turmeric
60g (2 oz) cinnamon seeds (substitute cinnamon)
15g (1/2 oz) cayenne pepper
30g (1 oz) mustard seeds
30g (1 oz) ground ginger
15g (1/2 oz) allspice berries
60g (2 oz) fenugreek seeds

Method:

Spread the coriander seeds, cinnamon, broken into pieces, mustard seeds, allspice berries and fenugreek seeds on a baking tray. Transfer to an oven pre-heated to 120ºC (250ºF) and bake for about 90 minutes, or until lightly toasted.

Turn into a mortar or spice grinder and render to a powder then mix in a bowl with all the remaining ingredients. Turn into a jar with a tight-fitting lid, label and store in a cool, dark, cupboard.

African Fish Curry Powder

Origin: **West Africa** Period: **Traditional**

This is a traditional West African recipe for a classic curry spice blend typically used to season and marinate fish before frying.

Ingredients

400g (1 1lb) dry red chillies
400g (1 lb) coriander seeds

60g (2 oz) cumin seeds
30g (1 oz) ground turmeric
30g (1 oz) black mustard seeds

Method:

Add the whole spices to a dry frying pan and heat for a few minutes until they begin to brown and turn aromatic. Allow to cool then add, along with all the other spices, to a coffee grinder. Store in an air-tight jar and use 2 tsp of the powder to every 400g of fish. The powder will keep in the jar for several months.

African Stew Curry Powder

Origin: **West Africa** Period: **Traditional**

This is a traditional West African recipe for a classic chilli-based spice blend that's often used to spice West African soups (stews).

Ingredients

180g (1 1/2 cups) cumin seeds
40g (4 tbsp) dried red chillies
90g (3 oz) black pepper
30g (1 oz) ground turmeric
30g (1 oz) cloves
30g (1 oz) ground cinnamon
15g (1 oz) cubeb pepper (or Ashanti pepper)

Method:

Toast the whole spices in a dry frying pan for a few minutes then when they are aromatic place in a coffee grinder along with all the other spices and grind to a fine paste. Store in an air-tight jar and use 2 tsp of the powder for every 400g (1 lb) of meat in your stew. This will keep for several months.

Cape Curry Powder

Origin: **South Africa** Period: **Traditional**

This is a traditional South African recipe for a classic Malay-inspired curry powder that's integral to many South African recipes, particularly curries.

Ingredients

1 tbsp cloves
2 tbsp black peppercorns
70g (2 1/2 oz) coriander seeds
3 tbsp cumin seeds
1 tbsp fennel seeds
1 tbsp black mustard seeds

3 tbsp fenugreek seeds
3 small piri-piri chillies (or piquins or santakas)
40g (6 tbsp) ground grains of paradise (or ground black cardamom)
40g (6 tbsp) ground turmeric
1 tbsp ground ginger

Method:

In a dry frying pan, separately toast the whole spices (cloves, black peppercorns, coriander seeds, fennel seeds, black mustard and fenugreek) over medium heat until they become aromatic. Tip into a coffee grinder and move on to the next spice. Once you are done add all the remaining spices to the grinder and render to a fine powder. Store in an air-tight container.

Cari (Vietnamese Curry Powder)

Origin: **Vietnam** Period: **Traditional**

This is a traditional Vietnamese recipe for a classic Indian inspired, turmeric-based curry powder that is the base of many Vietnamese curries.

Ingredients

8 curry leaves
2 star anise
2 dried red chillies
4 tbsp coriander seeds
2 tsp cumin seeds
1/2 tsp black mustard seeds
1 tsp fenugreek seeds
1/2 tsp whole cloves
1 tsp black peppercorns
1 tbsp ground turmeric
1 tsp ground ginger
1 tsp freshly-grated nutmeg
1/2 tsp ground cinnamon

Method:

Place a dry, non-stick, frying pan over medium heat. Add the curry leaves, star anise and chillies and dry fry, stirring constantly, for a few minutes, until the chillies begin to darken. Take off the heat and turn onto a plate.

Put the pan back on the heat and use to separately toast the whole seeds until aromatic (about 1 minute a time) then turn onto the plate and fry the next spice. Set the spices aside to cool then place in a spice or coffee grinder. Grind to a fine powder then add the turmeric, ginger, nutmeg and cinnamon. Grind again to mix.

Spoon into a jar and seal with a tight-fitting lid. Store in a cool, dark cupboard. This spice blend should keep for up to 2 months.

East African Curry Powder

Origin: **East Africa** Period: **Traditional**

This is a traditional East African recipe for a classic curry spice blend that forms the basis of many East African (particularly Tanzanian) dishes.

Ingredients

1 tbsp black cardamom (or Ethiopian cardamom)
1 tbsp turmeric
1 tbsp ginger
1 tbsp cinnamon
2 tbsp chopped dried chillies

Method:

Mix all the ingredients together, render to a paste in a blender or coffee grinder then store in an air-tight jar until needed.

Ga Lei Fan (Chinese Yellow Curry Powder)

Origin: **China** Period: **Traditional**

This is a traditional Chinese recipe for a classic spice blend that forms the basis for Chinese-style yellow curries.

Ingredients

1 tbsp ground coriander seeds
1 tbsp ground cardamom
1 tbsp ground cumin
1 tbsp cayenne pepper
1 tbsp ground turmeric
1 tbsp ground yellow mustard seeds

Method:

Mix all the spices together in a bowl. Spoon into an air-tight jar, secure with a lid and store in a cool, dark, cupboard.

Use 1 tbsp for a typical Chinese-style curry.

Hot Curry Powder

Origin: **Anglo-Indian** Period: **Traditional**

This is a traditional Anglo-Indian recipe for a classic hot curry spice blend that can be used as the base for spicy curries.

This is a classic Anglo-Indian recipe for a hot curry powder. In this case, the more usual curry leaves have been substituted with dried bayleaves (as is common in many British curry powders)

Ingredients

10 tbsp cumin seeds
8 tbsp coriander seeds
4 tbsp fenugreek seeds
2 tbsp black peppercorns
1 tbsp black mustard seeds
2 tbsp ground ginger
4 tbsp turmeric powder
2 tbsp hot chilli powder
1 tbsp dried bayleaves, crumbled

Method:

Separately toast the cumin seeds, coriander seeds, fenugreek seeds, black peppercorns and black mustard seeds in a dry pan until aromatic.

When done, combine all the ingredients in a spice or coffee grinder and process until you have a fine powder.

Use as the base for any curry where you want it to have a 'kick'.

Hot Jalfrezi Spices

Origin: **African Fusion** Period: **Modern**

This is a modern African Fusion recipe for a classic curry spice blend, based on an Indian original, but with an African twist that makes it much more potent.

This is a recipe based on the classic Northern Indian Jalfrezi masala that incorporates a number of changes to make it more acceptable to the West African palate. The most important change being the addition of hot dried piri-piri chillies.

Ingredients

4 tsp coriander seeds
2 tsp black peppercorns
2 tsp fennel seeds
2 tsp cumin seeds
2 tsp black mustard seeds
2 cinnamon sticks 3cm (1 1/4 in) long
10 green cardamom pods
12 whole cloves
6 bay leaves
1 tsp fenugreek seeds
2 tsp methi (fenugreek) curry leaves
3 tsp dried piri-piri chillies
1 tsp ground ginger
2 tsp of hot chilli powder
1 tsp turmeric

Method:

Heat a frying pan over medium heat. Use this to dry roast the coriander seeds, black peppercorns, fennel seeds, cumin seeds, black mustard seeds, cinnamon stick, green cardamom pods, cloves, bayleaves and fenugreek seeds until coloured and aromatic (about 5 minutes). When ready allow to cool a little and transfer to a coffee or spice grinder. Add the Methi curry leaves and piri-piri chillies and grind to a fine powder.

Mix this powder with the ginger, hot chilli powder and turmeric and store in a dark air-tight container. This will keep in a cool cupboard for about 6 weeks.

Indonesian Island-style Curry Powder

Origin: **Indonesia** Period: **Modern**

Indonesian Island-style Curry Powder is a traditional Indonesian recipe for a classic curry powder spice blend that contains zedoary root as one of its components.

Ingredients

8 black cardamom pods
6 tbsp coriander seeds
3 tbsp cumin seeds
1 1/2 tbsp celery seeds
5cm (2 in) length of cinnamon stick
8 cloves
1 tbsp hot chilli powder
1 tsp ground, dried, zedoary root (substitute galangal)

Method:

Heat a non-stick frying pan. When hot add the cardamom pods, coriander seeds, cumin seeds, celery seeds, cinnamon stick and cloves and dry-fry until aromatic (a couple of minutes). During this time, stir the spices constantly so that they do not have a chance to catch and burn.

Turn into a bowl and allow to cool. When they have cooled, remove the seeds from the cardamom pods and discard the pods. Place the toasted ingredients in a spice or coffee grinder and render to a fine powder. Mix in the chilli powder and zedoary root then store in an air-tight jar.

This spice blend will keep for up to a month in a cool, dark, place, but is best used immediately.

Jalfrezi Curry Powder

Origin: **India** Period: **Traditional**

This is a traditional Indian recipe for a classic hot, sour and aromatic spice blend that is used as the flavour base for jalfrezi curries.

Ingredients

1 1/2 tbsp cumin seeds

1 tbsp coriander seeds
2 tsp fenugreek seeds
1 1/2 tsp cloves
1 1/2 tsp black peppercorns
2 tsp green cardamom pods
1/2 tsp ground turmeric
1/2 tsp ground ginger
1 1/2 tsp hot chilli powder
1/2 tsp ground amchoor (green mango powder)

Method:

Heat a non-stick pan over medium heat and separately toast the cumin seeds, coriander seeds, fenugreek seeds, cloves, black peppercorns and cardamom pods. Dry fry for between 1 and 2 minutes, or until aromatic.

When done, combine the toasted seeds in a spice grinder or coffee grinder with the remaining spices. Render to a fine powder and store in a screw-top jar.

This is a hot and fragrant spice powder that makes and excellent base for jalfrezi-style curries.

Jamaican Curry Powder

Origin: **Jamaica** Period: **Traditional**

This is a traditional Jamaican recipe for a classic West Indian curry spice blend that includes allspice into the basic mix.

Though they are based on Indian curry powders, the curry powders of Jamaica and Trinidad are quite different in that they use local spices (most notably allspice) and there tends to be less cumin. As a result, if you want to cook a West Indian curry it's much better to create your own blend, like the one below.

Ingredients

4 tbsp turmeric powder
2 tbsp ground cumin
1 tsp coriander seeds ground
1 tsp mustard powder
2 tsp ground allspice
1/2 tsp ground cinnamon
1/2 tsp ground nutmeg
1/2 tsp thyme (Jamaican or common)
1/2 tsp black mustard seeds

Method:

Simply combine the ingredients in a bowl. Stir to mix then transfer to a lidded jar or tin and store in a cool cupboard. If you want more of a kick add chilli flakes or ground piri-piri chillies to the mix. Many often add celery salt and black pepper to the basic curry mix but in my opinion

it's better to add these at the end of cooking then you can adjust the levels to your own taste.

Japanese Curry Powder

Origin: **Japan** Period: **Traditional**

Japanese Curry Powder is a traditional Japanese recipe for a classic curry powder made from the standard curry components, but with the addition of allspice, oregano and cocoa powder.

In Japan curry typically comes in a ready-made paste that you add to your dishes. But I prefer knowing what goes into my food and I try not to cook with MSG. So I have attempted to re-create a Japanese-style curry powder from scratch.

Ingredients

1 tbsp coriander seeds
1 tbsp cumin seeds
1 tbsp ground turmeric
1 tsp Green Cardamom Seeds
1 tsp cloves
1 tsp black peppercorns
2 x 5cm (2 in) Cinnamon sticks
2 dried bayleaves
1/2 nutmeg, freshly grated
4 Black Cardamoms
1 tsp allspice berries
1 tsp dried oregano
2 tsp cocoa powder

Method:

Creating this blend is simplicity itself: simply place all the ingredients in a clean coffee grinder and grind for at least a minute. Test the mixture by rubbing a sample between your fingers. You need a finely-ground mixture, which should not feel gritty to the touch.

Spoon into an airtight container and store in a dark place such as a cupboard.

Korma Curry Powder

Origin: **India** Period: **Traditional**

This is a traditional Indian recipe for a classic mild and aromatic curry powder typically used in the preparation of creamy kormas.

Ingredients

6 tbsp coriander seeds
2 tsp cumin seeds
2 tsp white peppercorns
2 x 4cm (1 1/2 in) long cinnamon sticks

4 green cardamom pods
4 cloves

Method:

Separately toast all the spices in a dry pan until aromatic.

When done, combine all the ingredients in a spice or coffee grinder and process until you have a fine powder. Sore in an air-tight jar.

Use as the base for any creamy Korma-style curry.

Madras Curry Powder

Origin: **India** Period: **Traditional**

This is a traditional Indian recipe for a classic hot and aromatic curry powder that makes a flavour base for Madras-style curries and kedgerees.

Ingredients

120g (1 cup) coriander seeds
60g (1/2 cup) cumin seeds
4 tbsp fennel seeds
4 tbsp dried red chillies, broken into pieces
2 tbsp whole black peppercorns
2 tbsp black mustard seeds
2 tsp fenugreek seeds
1 tbsp ground turmeric
2 tbsp (heaped) curry leaves

Method:

Separately toast the coriander seeds, cumin seeds, fennel seeds, chillies, black peppercorns, black mustard seeds and fenugreek in a dry pan until aromatic.

When done, combine all the ingredients in a spice or coffee grinder and process until you have a fine powder.

Use as the base for any Madras-style curry.

Malawi Curry Powder

Origin: **Malawi** Period: **Traditional**

This is a traditional Malawi recipe for a classic curry spice blend that's used throughout East Africa.

Ingredients

10 dried piri-piri chillies with stems removed
3 tbsp coriander seeds
1 tbsp black peppercorns
3 tbsp poppy seeds

2 tsp black mustard seeds
1 tbsp cumin seeds
1 tbsp turmeric
10 cloves
2 tsp ground cinnamon

Method:

Heat the whole ingredients in a dry frying pan until lightly-toasted and aromatic. Then transfer to a coffee grinder and grind in an airtight container. This hot chilli powder will keep for several months.

Malaysian Kurma Powder

Origin: **Malaysia** Period: **Traditional**

This is a traditional Malaysian recipe for a classic aromatic spice blend that forms the basis for Malaysian coconut-based curries (kormas).

Ingredients

200g (2 cups) coriander seeds
35g (1/2 cup) cumin seeds
35g (1/2 cup) aniseed
35g (1/2 cup) black peppercorns
35g (1/2 cup) ground turmeric
1 tbsp cloves
1 tbsp star anise
1 tbsp cinnamon sticks
1 nutmeg
1 tbsp green cardamom pods

Method:

Heat a non-stick pan and use to dry roast each spice separately until fragrant and aromatic. Turn onto a plate and set aside to cool.

When cold, transfer to a coffee or spice grinder and grind to a smooth powder. Transfer to a jar and store until needed.

Poudre de Colombo

Origin: **Mauritius** Period: **Traditional**

This is a traditional Mauritian recipe for a classic spice blend (originating in the Caribbean) that is used to flavour the local curries, called ‘colombos’.

This is a classic Caribbean curry powder that originated with Sri Lankan plantation workers in the French West Indies (particularly Martinique and Guadeloupe). It is used for flavouring colombos, in the same way that curry powder is used for curries. These days is also used for fish curries and for use as a rub for barbecued fish. The French brought the powder to

Mauritius where it is used as a component of local curries.

Ingredients

3 tbsp cumin seeds
3 tbsp coriander seeds
1 tbsp black mustard seeds
1 tbsp fenugreek seeds
1 tbsp black peppercorns
1 tsp whole cloves
3 tbsp ground turmeric

Method:

Heat a large non-stick frying pan. Add the cumin, coriander, mustard seeds, fenugreek seeds, black peppercorns and whole cloves. Dry fry until aromatic (about 2 minutes), stirring constantly then take off the heat.

Allow to cool slightly then place in a coffee grinder. Mix in the turmeric then render to a powder. Turn into a jar and seal tightly. This will keep for up to 6 weeks in an air-tight jar.

Powder Fort

Origin: **England** Period: **Traditional**

This is a traditional English recipe, from the Middle Ages, for a classic blend of 'strong' spices that was a common flavouring and seasoning, particularly for meat-based stews. In effect, this is an European version of hot Indian spice blends, all the more interesting in that it comes from a time before chillies were discovered. It might not be what we think of as a curry powder today, but it serves the same function and for that reason it's included in this list.

This recipe is derived from a number of sources and is represented here as an 'average' recipe for the Medieval 'strong' spice mix that's usually employed to season meats or to flavour meat-based stews.

Ingredients

1 tbsp ground cloves
1 tbsp ground mace
1 tbsp ground cubeb pepper
1 tbsp ground grains of paradise
4 tbsp ground ginger
3 tbsp ground black pepper

Method:

Simply grind all the ingredients together in a pestle and mortar and store in an air-tight jar. This will keep for several months.

Rajmah Curry Blend

Origin: **India** Period: **Traditional**

Rajmah Curry Blend is a traditional North Indian recipe for a classic spicy and aromatic spice blend that is typically used as the flavour base for red kidney bean curries.

This is a classic North Indian spice blend for use in making rajmah (red kidney bean) curries. However, the blend will also work well with lentil (dal) curries.

Ingredients

1 1/2 tbsp cumin seeds
1 tbsp coriander seeds
1 tbsp fenugreek seeds
3cm length of cinnamon, crumbled
2 tsp cloves
2 tsp black peppercorns
2 tsp green cardamom pods, crushed
1/2 tsp ground ginger
2 tsp hot chilli powder (or to taste)

Method:

Separately toast the cumin seeds, coriander seeds, fenugreek seeds, cinnamon, cloves, black peppercorns and green cardamom pods in a dry frying pan for about 1 to 2 minutes each, or until aromatic.

When done, combine all the spices in a spice grinder or coffee grinder. Render to a fine powder and store in a sealed jar until needed.

Rasam Powder

Origin: **India** Period: **Traditional**

This is a traditional Indian recipe for a classic curry powder of split lentils, chillies, cumin, coriander, black peppercorns and curry leaves. Traditionally these are served with game.

Ingredients

1 tsp toor dhal (split dried lentils)
6 dry red chillies
1/2 tbsp cumin seeds
1 tbsp coriander seeds
1 tsp black peppercorns
1 tsp dry curry leaves

Method:

Individually toast each of the ingredients above until aromatic then transfer to a coffee or spice grinder. When all the ingredients are ready, grind to a fine powder then transfer to an air-tight container. It will keep for several months.

South African Curry Powder

Origin: **South Africa** Period: **Traditional**

This is a traditional South African recipe for a classic curry spice blend frequently used in South African cuisine.

This is an South African take on curry powder (South Africa having been greatly influenced by both Arabic and Indian cuisines).

Ingredients

150g (1 1/4 cups) cumin seeds
100g (1 cup) fennel seeds
50g (1/2 cup) dried piri-piri chillies
1 small piece cinnamon
4 cloves
2/3 tbsp black peppercorns

Method:

Toast the spices in a dry frying pan for a few minutes, stirring constantly to ensure they do not burn. Transfer to a coffee grinder (or a pestle and mortar) and grind to a fine powder and store in an air-tight container. This powder is generally used with fish at a ratio of 2 tsp powder to each 400g (1 lb) of fish.

Special Curry Powder

Origin: **South Africa** Period: **Traditional**

This is a traditional South African recipe for a classic spice blend, based on Malay blends but using some traditional African spices that's frequently used in South African curries.

Ingredients

300g (2 1/2 cups) coriander seeds
50g (1/2 cup) cumin seeds
100g (1 cup) fenugreek seeds
30g (2 oz) black mustard seeds
50g (1/2 cup) poppy seeds
50g (3/4 cup) bay leaves
250g (2 cups) dried piri-piri chillies
1 tbsp grains of paradise
1 tbsp cloves
1 tbsp black peppercorns
250g (2 cups) turmeric

Method:

Toast the spices in a dry frying pan for a few minutes, stirring constantly to ensure they do not burn. Transfer to a coffee grinder (or a pestle and mortar) and grind to a fine powder and store in an air-tight container. Store in an air-tight container.

Thai-style Curry Powder

Origin: **Thailand** Period: **Traditional**

Thai-style curry powders are popular throughout Southeast Asia and are typically the ones used as a curry base in Thai, Vietnamese and Filipino home-style curries. Like many other southeast and east Asian curry powders it tends to be heavy on the turmeric and is descended from the curry powders that the British introduced to the area in the early 19th centuries.

Ingredients

8 curry leaves
2 star anise
2 dried red chillies
4 tbsp coriander seeds
2 tsp cumin seeds
1 tsp black peppercorns
1 tbsp ground turmeric
1 tsp ground ginger
1 tsp freshly-grated nutmeg
1/2 tsp ground cinnamon
1 tbsp dried onion
1 tbsp dried garlic

Method:

Place a dry, non-stick, frying pan over medium heat. Add the curry leaves, star anise and chillies and dry fry, stirring constantly, for a few minutes, until the chillies begin to darken. Take off the heat and turn onto a plate.

Put the pan back on the heat and use to separately toast the whole seeds until aromatic (about 1 minute a time) then turn onto the plate and fry the next spice. Set the spices aside to cool then place in a spice or coffee grinder along with the dried onion and dried garlic. Grind to a fine powder then add the turmeric, ginger, nutmeg and cinnamon. Grind again to mix.

Spoon into a jar and seal with a tight-fitting lid. Store in a cool, dark cupboard. This spice blend should keep for up to 2 months.

Vindaloo Curry Spice Powder

Origin: **India** Period: **Traditional**

This is a traditional Indian recipe for a classic hot spice powder that is used in the making of vindaloo-type curries.

Ingredients

5 tbsp cumin seeds
3 tbsp coriander seeds
1 tbsp fenugreek seeds
1 cinnamon stick (about 4cm [1 1/2 in] long) broken into pieces
1 1/2 tbsp whole black peppercorns

1 1/2 tbsp green cardamom pods, crushed
2 tbsp black mustard seeds
1 1/2 tbsp cloves
3 tbsp hot chilli powder
2 tsp ground turmeric
2 tsp ground ginger
4 tsp hot paprika (degi mirch)

Method:

Separately toast the cumin seeds, coriander seeds, fenugreek seeds, cinnamon, black peppercorns, crushed cardamom seeds, black mustard seeds and cloves in a dry frying pan for between 1 and 2 minutes, or until aromatic.

When all the spices have been toasted, combine in a spice grinder or coffee grinder with the remaining spices and render to a fine powder. Store in an air-tight jar.

For making a vindaloo-style curry, the meats are first marinated in a paste made from vinegar, oil, onions, garlic, ginger and the Vindaloo spice blend. The marinated meats are dried, seared in a frying pan and then cooked in the marinade until tender.

The original dish was Portuguese, *vinho d'alhos* (literally 'wine with garlic'), which became the Indian Vindaloo, with the original pork substituted by beef or lamb and the wine substituted by vinegar.

West African Curry Powder

Origin: **West Africa** Period: **Traditional**

This is a traditional Indian recipe for a classic curry powder that's a mix of chillies, West African spices and French-inspired herbs, representing the spice history of West African.

This is a rather unusual and very hot curry powder that was introduced to me by a Senegalese friend. It's a mix of classic West African spices with a few more traditional Indian curry spices and French-influenced herbs. Use for any West African dish that calls for 'curry powder'.

Ingredients

20 dried piri-piri chillies
1 tsp hot chilli powder
3 tbsp coriander seeds
2 tbsp black peppercorns
2 tbsp black mustard seeds
1 tbsp cumin seeds
1 tsp grains of paradise
1 tbsp ground turmeric
1 tbsp allspice (quatre epices)
6 whole cloves
1 tsp ground cinnamon

1 tbsp freshly-grated nutmeg
2 tsp dried thyme
1 tbsp caraway seeds
2 tsp cubeb pepper
2 tsp dried ginger
1 tsp smoked
Sénégal Pepper (negro pepper)
1 tbsp dried Njangsa
1 tbsp paprika

Method:

Heat a dry frying pan over medium heat and add the coriander seeds, black peppercorns, mustard seeds, grains of paradise, cumin seeds, allspice, cloves, caraway seeds and cubeb pepper to this and dry-fry until fragrant and aromatic (about 6 minutes). Take off the heat at this point and allow to cool. Place in a spice blender or coffee grinder, add all the remaining ingredients and reduce to a fine powder.

Place in an air-tight container and store in a cool cupboard. This spice blend will keep for several months and can be used in any West African recipe that calls for 'curry powder'. Because of the addition of Njangsa it also has thickening properties. The cinnamon is there to partially counteract the bitterness of the Sénégal pepper.

Cape Malay Red Leaf Masala

Origin: **South Africa** Period: **Traditional**

This is a traditional South African recipe for a classic curry sauce powder from the Cape Malay community for a classic hot spice paste with plenty of chillies and with bayleaves and curry leaves that's a mainstay of Cape Malay cookery.

In South African Cape Malay cookery, a leaf masala is a masala spice blend containing dried curry leaves as an ingredient (hence the name). There are two main types, yellow and red. Red leaf masalas contain more chillies and are much hotter. Yellow leaf masalas contain more turmeric and fewer chillies. They are much milder and give the curry a golden yellow curry.

Ingredients

2 tbsp coriander seeds
1 tbsp cumin seeds
2 tsp fenugreek seeds
2 tbsp hot chilli powder
1/2 tsp ground turmeric
1 tsp ground ginger
1 tsp black peppercorns
4 green cardamom pods
1/2 tsp whole cloves
2cm length of cinnamon stick

2 dried bayleaves
4 dried curry leaves

Method:

Arrange the coriander, cumin and fenugreek seeds in the centre of a baking tray. Place in the middle of an oven pre-heated to 170ºC and roast for 5 minutes, stirring occasionally.

Remove the roast seeds from the oven and allow to cool then turn into a spice or coffee grinder. Add all the remaining ingredients and process to a fine powder (you may need to do this in batches).

Mix all the ingredients together then store in an air-tight jar in a cool, dark, cupboard. This masala will keep for up to 6 months.

Curry Pastes

In many ways these are far more authentic than the curry powders previously given in this chapter. They need to be made fresh, are highly aromatic and give a much better flavour than any dried curry powder blend. Like the various curry spice blends, these pastes come from around the world, though the recipes given here are predominantly Indian and Thai in origin.

Bumbu Bali (Balinese Spice Paste)

Origin: **Bali** Period: **Traditional**

This is a traditional Balinese recipe for a classic paste of mixed spices, herbs and palm sugar with shrimp paste fried in oil that's typically used as a rub for fowls (particularly duck) and fish prior to cooking.

Ingredients

1 thumb-sized piece of ginger (jahe), peeled
100g (1 cup) galangal (lengukas), peeled
100g (1 cup) turmeric (kunyit), peeled
25g (1 oz) candlenuts [or macadamia nuts] (kemiri)
400g (4 cups) garlic (bawang putih), peeled
500g (1 lb) shallots (bawang merah), peeled
100g (1 cup) red chillies (cabe besar)
2 tbsp black pepper (merica hitam)
2 tbsp coriander seeds (ketumbar)
4 tbsp aromatic ginger/lesser galingale root (kencur), peeled (or substitute fingerroot)
1/2 tsp freshly-grated nutmeg (pala)
1/2 tsp ground cloves (cengkeh)
2 lemongrass stalks (sereh), tough outer leaves removed
5 lime leaves (daun keruk)
5 baylaves (daun salam)
3 tbsp palm sugar (gula bali)

1 tbsp shrimp paste (terasi)
2 tbsp oil

Method:

Chop all the ingredients as fine as you can then combine everything apart from the lime leaves, bayleaves and lemongrass. Pulse until you have a smooth paste.

Heat the oil in a pan then stir in the oil along with the chopped lime leaves, bayleaves and lemongrass. Cook until the ingredients are soft and aromatic.

Take off the heat then transfer into a cleaned and sterilized jar. Top with oil and set aside in the refrigerator until needed.

Burmese Curry Paste

Origin: **Burma** Period: **Traditional**

This is a traditional Burmese recipe for a classic paste of mixed spices, herbs and palm sugar with shrimp paste fried in oil that's typically use curry paste with hot chillies, galangal, lemongrass and shallots.

Ingredients

6 Dried Hot Chillies
2cm (3/4 in) cube galangal (or substitute ginger)
2 sticks lemongrass
90g (3 oz) Shallots
10 garlic cloves
1 tsp Shrimp paste
1 tbsp Ground coriander seeds
2 tsp Ground cumin seeds
1/2 tsp Ground turmeric

Method:

Put 250ml (1 cup) water into a small bowl and crumble the dried red chillies into it. If using dried galangal and dried lemongrass, add them to the water as well. Leave the dried ingredients to soak for 30 minutes. Otherwise, if you are using fresh galangal or ginger, peel and coarsely chop it. If you are using fresh lemongrass cut it into very fine slices crossways, starting from the bottom and going up the stalk about 15cm (6 in), discard the straw-like top. Peel the shallots and garlic and chop them coarsely.

When the dried seasonings have finished soaking, put them with their soaking liquid and all the other ingredients for the curry paste into an electric blender. (If you are using fresh galangal or ginger or fresh lemongrass, add them to the blender now.) Blend until smooth.

This curry paste may be made well ahead of time and even frozen.

Colombo Curry Paste

Origin: **Martinique** Period: **Traditional**

This is a traditional Martinique recipe for a classic spice paste frequently used in the recipes of the island.

Ingredients

1 1/2 tbsp turmeric
1 1/2 tbsp coriander seeds
1 1/2 tbsp black mustard seeds
1 1/2 tbsp black peppercorns
1 1/2 tbsp cumin seeds
3 garlic cloves, peeled and grated
2 fresh habanero chillies, sliced and pounded to a paste

Method:

Place the dry whole spices in a frying pan and toast until aromatic then transfer to a coffee grinder and render to a coarse powder. Add this to the garlic, ginger and chillies, and mix well. Allow to sit for at least 1 hour to blend the flavours.

Coriander Paste

Origin: **India** Period: **Traditional**

This is a traditional Indian recipe for a classic spice paste made from coriander leaves, green chillies and lemon juice that is used as the basis for many Indian and Bangladeshi curries.

Ingredients

400g (5 cups) chopped coriander (cilantro) leaves
5 green chillies, finely chopped
1 tbsp ground coriander seeds
1 tsp ground cumin seeds
3 tbsp lemon juice
1 garlic clove, chopped
salt, to taste

Method:

Combine all the ingredients in a blender or food processor and blend until smooth (add a little water or oil if the ingredients are too dry). This paste is best transferred to air-tight jars and stored in the refrigerator for one or two days before using. After this time you can freeze to store.

Cumin Paste

Origin: **India** Period: **Traditional**

This is a traditional Indian recipe for a spice paste made from ground cumin, dried chillies, garlic and coriander that is used as the basis for many Indian and Bangladeshi curries.

Ingredients

2 tbsp ground cumin
2 tbsp olive oil
1 tbsp lemon juice
1/2 tsp crushed dried red chillies
1/2 tsp paprika
1/4 tsp salt
3 garlic cloves, chopped
3 tbsp coarsely chopped coriander (cilantro)

Method:

Combine all the ingredients in a food processor and render to a smooth paste. This can be used immediately or frozen in ice trays for later use.

Ginger Garlic Paste

Origin: **India** Period: **Traditional**

Ginger Garlic Paste is a traditional Indian recipe for a basic paste of ginger and garlic that's fundamental in many Indian and Asian recipes.

This is a recipe for the perfect fresh ginger and garlic paste that's a fundamental ingredient of many Indian and Asian dishes.

Ingredients:

6 garlic cloves, peeled and sliced
5cm (2 in) length fresh white ginger, peeled and chopped into thin slices lengthways
30ml (2 tbsp) water

Method:

Combine the ingredients in a blender, cover and process until it becomes a smooth paste. Include in any recipe that calls for a ginger garlic paste.

If sealed in a jar it will keep in the refrigerator for up to a week.

Green Seasoning

Origin: **Trinidad** Period: **Traditional**

Green Seasoning is a traditional Trinidadian recipe for a classic green herb paste that's used to marinate fish and meat before cooking.

This is a classic Trinidadian seasoning mix typically used to marinate the meat the night before.

Ingredients:

3 tbsp chives, chopped
1 tbsp shado beni (Mexican coriander or culantro) or coriander leaves, chopped
2 tbsp fresh thyme, chopped
1 tbsp fresh oregano, chopped

1 tbsp flat-leaf parsley, chopped
4 garlic cloves, minced

Method:

Combine all the ingredients in a mortar or a food processor and process to a thick paste (you can add 2 tbsp water to make the processing easier). Either use fresh or store in a sealed glass jar in the refrigerator, it will keep up to a week.

Indian Curry Paste

Origin: **India** Period: **Traditional**

This is a traditional Indian recipe for a classic curry style paste made from a blend of spices, garlic and ginger in a vinegar and groundnut oil base.

Ingredients

3 tbsp cumin seeds
3 tbsp coriander seeds
2 tsp fenugreek seeds
2 tsp ground turmeric
2 tsp cayenne pepper
2 tsp paprika
1/2 tsp sea salt
16 garlic cloves, peeled and crushed
10 tbsp freshly-grated ginger
4 tbsp coriander leaves
3 tbsp white vinegar
2 tbsp groundnut oil

Method:

Lightly toast the cumin seeds, coriander seeds and fenugreek seeds in a dry pan until aromatic (be careful not to burn). Turn into a spice or coffee grinder and pulse to a powder. Turn into a blender and mix in the turmeric, cayenne pepper, paprika, salt, garlic, ginger, coriander leaves, vinegar and oil.

Pulse until smooth then spoon the mixture into a sterilized jar. Secure a tight-fitting lid and store in the refrigerator (it will keep for up to 3 months). Use about 2 tbsp of the mixture in any recipe that calls for ‘curry paste’.

Indian Mustard Curry Paste

Origin: **India** Period: **Traditional**

This is a traditional Indian recipe for a classic base curry paste of mixed spices, onions, garlic and red chillies in a vinegar base.

Ingredients

1 tsp black mustard seeds
6 tbsp coriander seeds
1 tsp (heaped) fennel seeds
1 tsp (heaped) cloves
1 tsp (heaped) cumin seeds
1 tsp (heaped) fenugreek seeds
1 tsp black peppercorns
1 tsp ground turmeric
1 tbsp paprika
3 garlic cloves
1 large onions, chopped
5 fresh red chillies (or to taste)
2 tbsp vinegar

Method:

Lightly toast the mustard seeds, coriander seeds, fennel seeds, cloves, cumin seeds, black pepper and fenugreek seeds in a non-stick pan until aromatic (but be careful they do not burn). Turn into a spice grinder or coffee grinder and add the turmeric and paprika and render to a fine powder.

Turn into a mortar and pound in the garlic and chillies until you have a smooth paste. Work in the vinegar and then pound in the onions until smooth.

Use immediately as the flavour base for any Indian-style curry or in any recipe that calls for a 'curry paste'.

Indonesian Curry Spice Paste

Origin: **Indonesia** Period: **Traditional**

This is a traditional Indonesian recipe for a classic highly-spiced curry paste that forms the foundation of many Indonesian recipes.

Ingredients

1/2 coconut, flaked, dried and toasted
2 Onions, chopped
3 Garlic cloves, chopped
1 tbsp groundnut oil
4 tbsp ground caraway seeds
2 Large red chillies
6 Bird's eye chillies
2 tsp poppy seeds
1/2 tsp Ground nutmeg
1 tsp Ground cloves
4 tsp Ground turmeric
2 tsp cubeb pepper, toasted and ground

8 Anchovy fillets
finely-grated zest of 3 Limes
7cm (3 in) length of Fresh ginger, peeled and chopped
10 Macadamia Nuts

Method:

Place the coconut into a food processor and blend until it becomes a paste. Sauté the onion and garlic in 2 tbsp of the peanut oil. Remove and add to the coconut.

Add all the remaining ingredients to the coconut mixture and process, while slowly adding just enough oil to form a paste. Once made, store in an air-tight jar in the fridge, where it will keep for up to 2 months.

This paste can be used as a marinade or rub for any meat, poultry, or fish, or as a base for a sauce.

Laksa Paste

Origin: **Malaysia** Period: **Traditional**

This is a traditional Malaysian recipe for a classic blend of chillies, shallots, lemongrass, shrimp paste, galangal and nuts made into a paste that is typically used as a base for the breakfast dish, laksa.

Ingredients

8 dried long red chillies
8 purple shallots, coarsely chopped
5 candlenuts (or use Brazil nuts or Macadamia nuts)
3cm (1 in) length of fresh galangal, peeled and coarsely chopped
3 stalks of lemongrass (pale part only), coarsely chopped
2 tbsp groundnut oil
1 1/2 tsp fresh turmeric, finely grated (or 1/2 tsp ground turmeric)
1 tsp shrimp paste
1 garlic clove, coarsely chopped

Method:

Place the dried chillies in an ovenproof dish then cover with boiling water and set aside for 20 minutes to soften.

After this time drain and chop the chillies quite coarsely then combine in a food processor with the candlenuts, galangal, lemongrass, oil, turmeric, shrimp paste and garlic. Process until finely chpped then divide the mixture into two equal portions and freeze until needed.

Madras Curry Paste

Origin: **India** Period: **Traditional**

This is an authentic version of a Madras-style curry paste. Originally these were used in royal kitchens (hence the large amount of saffron used). Though the flavour will not be as good,

you can use 2 generous pinches of saffron with 3/4 tsp ground turmeric instead of all the saffron.

Ingredients

110g (1 cup) coriander seeds
30g (1 oz) mustard seeds
30g (1 oz) garlic cloves
30g (1 oz) cumin seeds
1 tsp saffron, crumbled
30g (1 oz) black pepper
60g (2 oz) salt
2 dried chillies
15g (1/2 oz) dried, ground, ginger
60g (2 oz) dried chickpeas
120ml (1/2 cup) ghee or groundnut oil
70ml (5 tbsp) vinegar

Method:

Heat a dry non-stick frying pan over high heat. Separately add the whole spices and toast for a few minutes, stirring with a wooden spoon until aromatic.

When done, turn each spice into a bowl and dry toast the next one. Also toast the dried chillies until aromatic. Add these to the other spices along with the chickpeas and ground ginger. A little at a time, put the spice and chickpea mix into a spice or coffee grinder and render to a fine powder. Turn the powder into a bowl then continue the grinding process until all the spice mix is finely ground.

Pass the ground spice mix through a fine-meshed sieve into a bowl then stir in the salt. Now work in the vinegar and ghee until you have a smooth paste. Pour into a clean bottle, stopper securely and store. You should end up with about enough for 10 to 15 curries.

Massaman Curry Paste

Origin: **Thailand** Period: **Traditional**

This is a traditional Thai recipe for a classic mild and aromatic curry paste with mixed spices, red chillies, shallots, garlic, lemongrass and lime zest that's typically used for beef curries.

Massaman curry paste is one of the mildest and most aromatic of all traditional Thai curry pastes. It's excellent for use in curried rice and also goes well with fish, vegetables and greens.

Ingredients

2 tsp coriander seeds
2 tsp cumin seeds
2 tsp ground cinnamon
2 tsp cloves
2 whole star anise
2 tsp cardamom pods

2 tsp white peppercorns
2 tbsp groundnut oil
12 shallots, roughly chopped
12 garlic cloves, roughly chopped
2 x 5cm (2 in) pieces of lemongrass, sliced
8 fresh red chillies, de-seeded and chopped
freshly-grated zest of 2 limes
1 1/2 tsp salt

Method:

Add the whole spices to a dry frying pan and toast for about 3 minutes, or until aromatic. Transfer to a coffee grinder and grind to a fine powder. Transfer to a food processor, add all the other ingredients and blend until smooth. Transfer to a food processor and blend along with the remaining ingredients to a smooth paste. This will store in the refrigerator for up to 3 weeks or can be frozen until needed.

Mooglai Tandoori Marinade

Origin: **India** Period: **Traditional**

The following recipe is for a more traditional Mooglai (Mogul) tandoori marinade. Personally I prefer this one to the more typical Restaurant Curry Sauce (see later in this chapter) as it has a clean lemony taste. But you may like the restaurant version better!

Ingredients

450ml (1 4/5 cup) Plain Yoghurt
2 Red Chillies
1 tbsp Fresh Ginger, grated
4 Garlic cloves
1 tsp Salt
2 tsp hot chilli powder
2 tbsp Lemon Juice
1 tbsp Lemon zest, grated
1 tsp Garam Masala (see earlier in this chapter for the recipe)
1 tsp black Mustard Seeds
2 tsp Paprika (for colour)
1 tbsp Cooking oil

Method:

Roughly crush the mustard seeds in a pestle and mortar. Then add the chillies, ginger, garlic cloves, salt, lemon juice, lemon rind, crushed mustard seeds and the cooking oil into a blender. Blend all these ingredients into a smooth paste. (This paste will keep in an airtight jar in the fridge for up to 4 days or it may be frozen).

To create the Tandoori marinade add the blended paste to a bowl and mix in all the other ingredients. Gently beat into a smooth paste with a whisk.

Nam Prik Pow (Black Chilli Paste)

Origin: **Thailand** Period: **Traditional**

This is a traditional Thai recipe for a classic fiery paste made from a mix of dried shrimp, chillies, shallots and garlic that are pureed and fried until black.

This fiery black chilli paste is an essential ingredient in many Thai recipes and it's very easy to make at home. Even better, once made it keeps indefinitely.

Ingredients

240g (2 cups) dried shrimp
120g (1 cup) green jalapeño chillies
60g (2 oz) shallots, finely chopped
60g (2 oz) caster sugar
1 garlic clove, finely chopped
2 tbsp shrimp paste
2 tbsp Nam Pla (fish sauce)
200ml (3/4 cup + 1 tbsp) good quality cooking oil

Method:

Heat the oil in a heavy-bottomed pan, add the chillies, shallots and garlic then stir fry until dark brown. Remove from the oil then allow to cool slightly before transferring to a blender. Add the remaining ingredients then blitz until smooth.

Pour the resultant mixture into a pan and fry over medium heat for about 5 minutes. Take off the heat and set aside to cool. Store in an air-tight jar, where it will keep indefinitely.

Nam Ya Curry Paste

Origin: **Thailand** Period: **Traditional**

This is a traditional Thai recipe for a classic aromatic curry paste containing fingerroot that is typically used for more lightly-spiced fish-based dishes.

Ingredients

5 large, dried, red chillies
80g (3 oz) krachai (fingerroot), finely chopped
10g (1/3 oz) fresh galangal root, peeled and sliced thinly
30g (1 oz) lemongrass, peeled and finely chopped
30g (1 oz) red shallots, peeled
30g (1 oz) Thai garlic (or 10g [1/3 oz] garlic), peeled and chopped
1/2 tsp salt

Method:

Soak the chillies in water until softened then chop. Then place in a mortar and pound with the other ingredients until the mixture has reduced to a thick, rich paste.

This will keep in the refrigerator for up to a week.

Noodle Curry Paste

Origin: **Laos** Period: **Traditional**

This is a traditional Laotian recipe for a classic curry paste including fingerroot and galangal in a coconut cream base that is the flavour base for noodle-based curries..

Ingredients

1 tsp ground turmeric
6 garlic cloves
4 fresh red chillies
2 thumb-sized piece of galangal (or ginger), peeled and coarsely chopped
1 finger of fingerroot (krachai), peeled
2 tbsp ground coriander seeds
2 tsp ground cumin seeds
1 tsp ground cardamom
1/2 tsp ground cloves
1/2 tsp ground cinnamon
4 tbsp fish sauce
2 tbsp groundnut oil
2 kaffir lime leaves
60ml coconut cream
palm sugar, to taste

Method:

Combine all the ingredients in a food processor and pulse to chop. Increase the speed and process to purée into a smooth paste. This can be used as a spice base for and Laotian or Thai noodle curry.

Panang Red Curry Paste

Origin: **Thailand** Period: **Traditional**

This is a traditional Thai recipe for a classic and very aromatic red curry paste that can be used as a base for meat, fish or vegetarian dishes.

This is a classic red curry paste from the Penang state in northern Thailand. Don't let the extensive list of ingredients put you of, as the paste is simplicity itself to make and the end results are well worthwhile.

Ingredients

4 tbsp tomato purée
1 small onion, peeled and quartered
3cm (1 in) length of galangal (or ginger), peeled and thinly sliced
3 garlic cloves
1 tbsp light soy sauce
1 tsp dark soy sauce

2 tbsp *Nam Pla* (Thai fish sauce)
1 tsp shrimp paste
1 tbsp paprika
2 tbsp hot chilli powder
1 tbsp coriander seeds, ground to a powder
2 red chillies (Thai bird's eye for preference)
1/2 tsp ground turmeric
1 tbsp ground cumin
2 Kaffir lime leaves, shredded
1/2 tsp ground cinnamon
1/4 tsp freshly-grated nutmeg
1/4 tsp ground cloves
450ml (1 4/5 cup) thick coconut milk (fresh or tinned)
juice of 1/2 lime

Method:

Prepare all the ingredients that need preparing then combine everything in a food processor. Blitz a few times to break up the larger pieces then process to a smooth paste. To store, pack into jars and refrigerate (it will keep for several weeks).

To turn the paste into a curry sauce add a 440g (15 oz) tin of coconut milk and mix to combine. To use, simply add your mix of meat and/or vegetables, cook in a wok or casserole until done and serve on a bed of rice.

Restaurant Curry Sauce

Origin: **India** Period: **Traditional**

This is a traditional Indian recipe for a classic curry sauce of the type typically used by Indian restaurants.

Rather than being an 'authentic' traditional sauce this is the curry sauce actually used in restaurants. This version is Malay in origin, but the basic recipe is the same all the way around the world. If you want to make a restaurant-like curry at home, rather than one of the more authentic curries also featured in this book then this is the recipe for you.

Ingredients

450g (1 lb) Onions
25g (1 oz) ginger
25g (1 oz) Garlic
780ml (3 cups) water
1/2 tsp salt
1 x 225g (7 1/2 oz) tin Chopped Tomatoes
4 tbsp Vegetable Oil
1 tsp Tomato Purée
1/2 tsp turmeric

1/2 tsp Paprika

Method:

Prepare the onions, ginger and garlic by peeling and roughly chopping them. Add the ginger and garlic to a blender and add about 200ml of water. Blend to a smooth paste.

Add the onions to a saucepan, put the chopped onions in this along with the ginger and garlic blend and the remainder of the water. Add the salt then bring the mixture slowly to the boil. Once the mixture's boiling turn it down to a very low simmer, affix the lid and cook for 45 minutes. Once done, set aside and leave to cool.

When the mixture has cooled, pour about half into a blender and blitz until perfectly smooth (in this case the final mixture needs to be absolutely smooth). Pour the smoothly-blended onion mixture into a clean bowl and then repeat the process on the remaining onion mixture.

Wash and dry the original saucepan and reserve about four tablespoons of the mixture (if you want to freeze the mixture to use later do so at this stage). Alternatively, if you're going to be using the sauce now open a can of tomatoes and pour into the blender and blitz until perfectly smooth,

Meanwhile add the oil to the cleaned saucepan along with the tomato purée, the turmeric and paprika. Heat the oil a little then add the blended tomatoes and bring the mixture to the boil, Turn down the heat and cook, with gentle stirring, for about 10 minutes. At this point add the onion mixture and bring the contents of the saucepan to the boil again. Once boiling turn the heat down to a gentle simmer. If a froth rises at this stage, skim it off.

Keep simmering and skimming-off any froth for 25 minutes (remember to give the mixture a stir every now and again to prevent the mixture from sticking).

The sauce can be used immediately or it can be refrigerated and used for up to 4 days.

Restaurant Tandoori Marinade

Origin: **India** Period: **Traditional**

This is a traditional Indian recipe for a classic Indian-style marinade of a yoghurt base flavoured with a blend of spices that is typically used to make tandoori-style dishes.

Ingredients:

450ml (1 4/5 cups) Plain Yoghurt
2 Green Chillies
2 tsp Fresh Ginger, grated
2 Garlic cloves
1 tsp Salt
1 tsp hot chilli powder
1 tsp Black Cumin
1 1/2 tsp Garam Masala (see the spice blends chapter for the recipe)
2 tsp Vinegar
2 tsp Cooking oil
2 tsp Paprika (for colour)

1/2 tsp ground Turmeric

Method:

Add the yoghurt, ginger, chillies and garlic to a blender and blend until they form a smooth paste. Empty into a bowl and add all the remaining ingredients. Beat until smooth and glossy

Seychelles Curry Paste

Origin: **Seychelles** Period: **Traditional**

This is a traditional Seychellois recipe for a classic local curry paste used in many of the Seychelles' local dishes.

Ingredients

10 curry leaves
1 tsp ground cinnamon
1 tsp finely-chopped chillies
1 tsp ground allspice
1 tsp cayenne pepper
1 tsp ground black pepper
1 tsp ground turmeric
2 tsp ground coriander seeds
1 chilli
2 cloves garlic
1 tsp grated nutmeg

Method:

Add all the ingredients to a pestle and mortar and pound together. Add a little water to form a paste and store in an air-tight jar in the fridge.

Tamarind Paste

Origin: **Indonesia** Period: **Traditional**

This is a traditional Indonesian recipe for making a tamarind paste from pulped tamarind pods.

Ingredients

100g (3 1/2 oz) tamarind pulp
20ml (4 tsp) Lime Juice
Sea Salt, to taste
1 tsp Arrowroot

Method:

Crush the tamarind and salt in a pestle and mortar. Transfer to a blender, add the remaining ingredients and blitz until a smooth paste. Transfer to an airtight jar and gently warm to activate the arrowroot.

Thai Green Curry Paste

Origin: **Thailand** Period: **Traditional**

This is a traditional Thai recipe for a classic green-coloured curry paste made from a blend of chillies, coriander, garlic, shallots, galangal and groundnut oil with lime zest and spices.

Ingredients

2 tsp coriander seeds
1 tsp cumin seeds
1 tsp black peppercorns
4 large green chillies, de-seeded
2 shallots, quartered
2 garlic cloves, peeled
2 tbsp chopped fresh coriander (including roots and stalks)
freshly-grated zest of 1 lime
1 tsp roughly-chopped galangal
1 tsp ground turmeric
salt, to taste
2 tbsp groundnut oil

Method:

Lightly toast the coriander seeds, cumin seeds and black peppercorns in a dry frying pan until aromatic then add to a coffee grinder and render to a powder. Transfer to a food processor and blend along with the remaining ingredients to a smooth paste. This will store in the refrigerator for up to 3 weeks or can be frozen until needed.

Thai Red Curry Paste

Origin: **Thailand** Period: **Traditional**

This is a traditional Thai recipe for a classic hot curry paste that forms the base for Thai red curries.

Ingredients

8 fresh red chillies
2 tsp cumin seeds
2 tsp coriander seeds
2.5cm (1 in) piece ginger, peeled and chopped
1/2 stalk lemongrass chopped
1 tsp salt
grated rind of 1 lime
4 garlic cloves, chopped
3 shallots, chopped
2 shredded Kaffir lime leaves (with mid-rib removed)
1 tbsp olive oil

2–3 tbsp shrimp paste
1 tbsp Tamarind Paste
2 tbsp paprika
1/8 tsp ground turmeric

Method:

A very easy sauce to prepare, simply mince all the ingredients together in a blender until it forms a smooth paste. Once made it will keep for about two days in the fridge.

Thai Yellow Curry Paste

Origin: **Thailand** Period: **Traditional**

This is a traditional Thai recipe for a classic curry sauce that is coloured yellow with turmeric. This is a lighter curry paste than the more familiar red and green curry pastes and this goes particularly well with fish dishes.

Ingredients

1 stalk of lemongrass, minced
2 yellow chillies, sliced
2 shallots, sliced
1 thumb-sized piece of galangal, peeled and sliced
4 garlic cloves
1 tsp ground coriander seeds
2 tsp ground cumin seeds
1/2 tsp whole cumin seeds
1/4 tsp ground cinnamon
2 tbsp fish sauce
1/2 tsp shrimp paste
1 tsp ground turmeric
1/2 tsp ground white pepper
2 tbsp palm sugar (or brown sugar)
1 tbsp lime juice
1 tbsp tomato purée
1/2 tsp palm sugar (or golden caster sugar)
up to 80ml (1/3 cup) coconut milk

Method:

Combine all the ingredients (except the coconut milk) in a blender or food processor. Pulse to chop then add half the coconut milk. Pulse to combine then continue adding the coconut milk as you process until the blades just move freely.

Process until smooth and use immediately. Alternatively you can freeze to use later.

Vindaloo Curry Paste

Origin: **India** Period: **Traditional**

This is a traditional Indian recipe for a classic curry sauce of the type typically used by Indian restaurants. Blend of hot spices, garlic, chillies and ginger with tamarind pulp and vinegar that is used in the making of vindaloo-type curries.

Ingredients

- 5 tbsp cumin seeds
- 4 tbsp coriander seeds
- 1 tbsp fenugreek seeds
- 1 cinnamon stick (about 5cm [2 in] long), broken into pieces
- 1 1/2 tbsp black peppercorns
- 1 1/2 tbsp green cardamom pods, lightly crushed
- 1 1/2 tbsp whole cloves
- 2 tbsp black mustard seeds
- 2 tsp turmeric powder
- 2 tsp ground ginger
- 3 tbsp hot chilli powder
- 4 tsp hot paprika
- 1 tbsp salt
- 30 garlic cloves, peeled
- 4 thumb-sized pieces of ginger, peeled
- 8 fresh red chillies
- 180ml (2/3 cup) tamarind pulp
- 250ml (1 cup) white wine vinegar

Method:

Separately toast the cumin seeds, coriander seeds, fenugreek seeds, cinnamon, black peppercorns, cardamom pods, cloves and black mustard seeds in a dry pan until aromatic. Combine these toasted spices in a coffee grinder with the turmeric, ginger, chilli powder, paprika and salt. Render to a fine powder.

Add the garlic, ginger, chillies and vinegar to a food processor or blender and render to a smooth paste. Mix with the ground spices then work in the tamarind pulp until smooth.

Turn the mixture into a sterilized glass jar. Secure with a vinegar-proof lid and sore in the refrigerator. It will keep for up to 3 months.

Historic Curries.

The first curry recipe recorded in English is by Hannah Glasse in her 1747 cookery book, *The Art of Cookery made Plain and Easy* The first edition of her book used only black pepper and coriander seeds for seasoning of 'currey'. By the fourth edition of the book (from which the recipe below is given), other ingredients such as turmeric and ginger were called for.

This seems unusual to us, as there are no chillies mentioned (they are a feature of Victorian curry powders). However, the Portuguese only introduced chillies to their colony of Goa in South India in the 1600s. By the mid 18th century, though chillies were common in south Indian cookery they had not spread to the remainder of India. Indeed, it was the British themselves, who took Goan cooks with them that helped spread chillies through the sub-continent.

By the time Eliza Acton had published her book (*Modern Cookery*) in 1845 commercial curry powders and pastes were available and the familiar turmeric-based curry powders we know today were in favour. This is when the modern curry has its inception.

Most of the recipes given here are for Anglo-Indian curries and come from 19th century books published in English. There is one book from the 1890s (the Indian Cookery Book) by an unknown author that gives a more traditional Indian set of curries (amongst the usual Anglo-Indian and Victorian fare) and a number of recipes from that volume are reproduced here as well.

All the recipes given below are in historic order, beginning with Hannah Glasse's recipe.

To Make Currey the Indian Way

This is a traditional recipe from Britain, based on Hannah Glasse's recipe of 1747 (from her *The Art of Cookery made Plain and Easy*), for a classic dish of blanched chickens that are finished by frying in butter with eggs, turmeric, black pepper and ginger before being finished with chicken stock and cream; a recipe that is the oldest version of an Indian-style curry in the English language.

Original Recipe:
To make a currey the Indian way.

Take two ſmall chickens, ſkin them and cut them as for a fricaſey, waſh them clean, and ſtew them in about a quart of water, for about five minutes, then ſtrain off the liquor and put the chickens in a clean diſh ; take three large onions, chop them ſmall, and fry them in about two ounces of butter, then put in the chickens and fry them together till they are brown, take a quarter of an ounce of turmerick, a large ſpoonful of ginger and beaten pepper together, and a little ſalt to your palate : ſtrew all theſe ingredients over the chickens whilſt it is frying, then pour in the liquor, and let it ſtew about half an hour, then put in a quarter of a pint of cream, and the juice of two lemons, and ſerve it up. The ginger, pepper, and turmerick muſt be beat very fine.

Modern Redaction

This is a truly important recipe, as it represents the first recipe we have for an Indian-style curry. It includes two classic curry ingredients, turmeric and ginger, but there are no cardamoms or cumin and no chillies. It's also finished with cream and this could be the true antecedent of that most British of curries, the Tikka Masala.

Ingredients:

1 chicken, skinned and jointed into serving pieces
2 large onions, finely chopped
2 tbsp butter
1 tsp ground turmeric
1 tsp freshly-ground black pepper
2 tsp dried ginger
400ml (1 2/3 cups) chicken stock
100ml (2/5 cup) double cream
juice of 1 lemon

Method:

Prepare and joint the chicken, then place in a large pan and pour over 1l water. Bring to a boil, reduce to a simmer and cook for 5 minutes. Strain off the liquid (reserve 400ml) then set the chicken pieces aside.

Melt the butter in a large pan, add the onions and fry for about 5 minutes, or until translucent then add the chicken pieces and fry until beginning to brown. Scatter the spices over the top, stir to combine and cook for a few minutes more.

Now add the 400ml (1 2/3 cups) reserved chicken stock, bring to a simmer, cover and cook for about 30 minutes, or until the chicken pieces are tender. Reduce the heat then stir in the cream and lemon juice. Bring just to a simmer (do not allow to boil) then take off the heat and serve accompanied by boiled rice.

Vinthaleaux

Vinthaleaux is a traditional Indian recipe (from Goa) for a classic Vindaloo-style dish of mutton cooked in a meat stock and vinegar base with spices, onion and garlic.

This is actually a variant of Vindaloo, and is a product of the late 1800s, where the Goan cooks of the British Raj Frenchified the name of Vindaloo to make it sound more 'posh'. However, it's still basically meat cooked in a spiced garlic and vinegar sauce. Though it's closer to the Goan version than the Anglo-Indian variety, which is much more highly-spiced with chillies.

Ingredients:

500g (1 lb 1 oz) mutton, cut into small pieces
1 tbsp ghee, butter or mustard oil
1 large onion, sliced
4 garlic cloves, chopped
2 tsp ground cumin seeds

1 tsp ground mustard seeds
1/2 tsp hot chilli powder
200ml (4/5 cup) meat stock
1/2 tsp salt
1 tsp brown sugar
2 dessert spoons vinegar
3/4 tsp ground turmeric

Method:

Heat the ghee, butter or mustard oil in a pan. Add the onion and fry for about 5 minutes, or until golden brown. Add spices, garlic and fry for 2 minutes then add the mutton and fry until browned all over. Pour in the stock then stir in the salt and sugar.

Bring to a boil, cover the pan and cook for 25 minutes, or until the mutton is tender. Just before serving add the vinegar. Serve hot, accompanied by rice.

A Bengal Currie

A Bengal Currie is a traditional British recipe, based on Eliza Acton's recipe of 1845, for a classic Victorian curry, styled on those of Bengal for an onion and garlic base flavoured with ginger, turmeric and cayenne pepper in which mutton or beef is cooked.

This is a traditional British recipe redacted from Eliza Acton's 1845 volume *Modern Cookery*, the first classic Victorian cookbook.

Original Recipe

A BENGAL CURRIE.

Slice and fry three large onions in two ounces of butter, and lift them out of the pan when done. Put into a stewpan three other large onions an a small clove of garlic which have been pounded together, and smoothly mixed with a dessertspoonful of the best pale turmeric, a teaspoonful of powdered ginger, one of salt, and one of cayenne pepper; add to these the butter in which the onions were fried, and half a cupful of good gravy; let them stew for about ten minutes, taking care that they shall not burn. Next, stir to them the fried onions and half a pint more of gravy; add a pound and a half of mutton, or of any other meat, free from bone and fat, and simmer it gently for an hour, or more should it not then be perfectly tender.

Fried onions, 3 large; butter, 2 oz.; onions pounded, 3 large; garlic, 1 clove; turmeric, 1 dessertspoonful; powdered ginger, salt, cayenne, each 1 teaspoonful; gravy, 1/2 cupful: 10 minutes. Gravy 1/4 pint; meat, 1 1/2 lb.: 1 hour or more

Modern Redaction

Ingredients:

3 large onions, peeled and sliced
60g (2 oz) butter
3 large onions, chopped
1 garlic clove

1 dessert spoon turmeric
1 tsp ground ginger
1 tsp salt
1 tsp cayenne pepper
120ml (1/2 cup) meat gravy or strong meat stock
300ml (1 1/4 cups) meat gravy or strong meat stock
675g (1 1/2 lb) stewing mutton or beef, cubed

Method:

Melt the butter in a frying pan, add the sliced onions and fry gently until golden brown. Remove with a slotted spoon and set aside.

Turn any remaining butter into a large saucepan. Puree the chopped onions and garlic clove either in a food processor or by pounding in a mortar. Add to the saucepan with the turmeric, ginger, salt and cayenne pepper. Stir in the 120ml meat gravy and bring to a simmer.

Cover with a tight-fitting lid and stew gently for 10 minutes then stir in the meat and the remaining meat gravy. Bring to a simmer, cover the pan and cook gently for about 60 minutes, or until the sauce is thick and the meat is tender. Serve hot, accompanied by rice.

Arnott's Curry Powder

Arnott's Curry Powder is a traditional British recipe, based on Eliza Acton's recipe of 1845, for a classic Victorian blend of spices that was used as the base for the curries of the day.

This is a traditional British recipe redacted from Eliza Acton's 1845 volume *Modern Cookery*, the first classic Victorian cookbook.

Original Recipe

MR. ARNOTT'S CURRIE-POWDER

Turmeric, eight ounces.
Coriander seed, four ounces.
Cumin seed, two ounces.
Fœnugreek seed, two ounces.
Cayenne, half an ounce. (More or less of this last to the taste.)

Let the seeds be of the finest quality. Dry them well, pound, and sift them separately through a lawn sieve, then weigh, and mix them in the above proportions. This is an exceedingly agreeable and aromatic powder, when all the ingredients are perfectly fresh and good, but the preparing is a rather troublesome process. Mr. Arnott recommends that when it is considered so, a "high-caste" chemist should be applied to for it.

Modern Redaction

This is what we would consider a classic Victorian curry powder and apart from the addition of fenugreek leaves and black pepper it's pretty much the base for modern curry powders as well. As Eliza Acton herself comments elsewhere, the amount of turmeric is probably too high, so I have reduced it by half from the original. For myself, I would also add

the seeds from half a dozen green cardamom pods to this, but as it's not in the original I have left them out.

Ingredients:

125g (5 oz) ground turmeric
120g (4 oz) coriander seeds
60g (2 1/4 oz) cumin seeds
60g (2 1/2 oz) fenugreek seeds
30g (1 oz) cayenne pepper (add more or less to suit your desired level of heat)

Method:

Combine the whole seeds in a coffee grinder and render to a fine powder. Mix with the turmeric and store in a jar in a cool, dry place (turmeric is photo-sensitive so should be stored out of the light).

Mr Arnott's Currie

Mr Arnott's Currie is a traditional British recipe, based on Eliza Acton's recipe of 1845, for a classic Victorian curry of chicken, vegetables and sour apples cooked in a stock paste flavoured with curry powder.

This is a traditional British recipe redacted from Eliza Acton's 1845 volume *Modern Cookery*, the first classic Victorian cookbook.

Original Recipe

MR. ARNOTT'S CURRIE.

Take the heart of a cabbage, and nothing but the heart, that is to say, pull away all the outside leaves until it is about the size of an egg; chop it fine, add to it a couple of apples sliced thin, the juice of one lemon, half a teaspoonful of black pepper, with one large tablespoonful of *my* currie-powder, and mix the whole well together. Now take six onions that have been chopped fine and fried brown, a garlic head, the size of a nutmeg, also minced fine, two ounces of fresh butter, two tablespoonsful of flour, and one pint of strong mutton or beef gravy; and when these articles are boiling, add the former ingredients, and let the whole be well stewed up together: if not hot enough, add cayenne pepper. Next put in a fowl that has been roasted and nicely cut up; or a rabbit; or some lean chops of pork or mutton; or a lobster, or the remains of yesterday's calf head; or anything else you may fancy ; and you will have an excellent currie, fit for kings to partake of.

"Well! now for the rice! It should be nut into water which should be frequently changed, and should remain in for half an hour at least; this both clears and soaks it. Have your saucepan full of water (the larger the better), and when it boils rapidly, throw the rice into it : it will be done in fifteen minutes. Strain it into a dish, wipe the saucepan dry, return the drained rice into it, and put it over a gentle fire for a few minutes, with a cloth over it: every grain will be separate. When served, do not cover the dish."

Obs.—We have already given testimony to the excellence of Mr Arnott's currie-powder, but we think the currie itself will be found somewhat too acid for English taste in general, and

the proportion of onion and garlic by one half too much for any but well seasoned Anglo-Indian palates. After having tried his method of boiling the rice, we still give the preference to that of Chapter I., page 36.

Modern Redaction

Ingredients:

1 cabbage heart, finely shredded
2 cooking apples, cored and thinly sliced
juice of 1 lemon
1/2 tsp freshly-ground black pepper
1 tbsp (heaped) Arnott's curry powder (see above)
4 onions, finely chopped and fried in butter until golden brown
1 large clove of garlic, finely chopped
50g (2 oz) butter
2 tbsp plain flour
600ml (2 1/2 oz) strong beef or mutton stock or gravy
2 tsp cayenne pepper (or to taste)
1 roasted chicken, jointed
300g (2/3 lb) rice soaked in several changes of water

Method:

Melt the butter in a large pan then scatter over the flour and mix to form a smooth roux. Whisk in the stock until smooth then add the garlic and onion. Bring this mixture to a boil then add the cabbage, apples, lemon juice, black pepper, curry powder, cayenne pepper and chicken pieces.

Cook for about 35 minutes, or until the meat is heated through and the sauce is thick.

In the meantime, bring a pan of water to a boil, drain the soaked rice and add to the pan. Bring back to a boil and cook for between 20 and 30 minutes (depending on the type). Drain the rice, put back in the pan then cover with a tea towel and place over a low heat for a few minutes to dry.

Fluff the rice with a fork, turn into a serving dish and serve accompanied with the curry.

Indian Receipt for Curried Fish

Indian Receipt for Curried Fish is a traditional British recipe, based on Eliza Acton's recipe of 1845, for a classic Victorian curry of par-cooked fish cooked in an onion and garlic base flavoured with Bengal curry powder.

This is a traditional British recipe redacted from Eliza Acton's 1845 volume *Modern Cookery*, the first classic Victorian cookbook.

Original Recipe

INDIAN RECEIPT FOR CURRIED FISH.

Take the fish from the bones, and cut it into inch and half squares; lay it into a stewpan with

sufficient hot water to barely cover it; sprinkle some salt over, and boil it gently until it is about half cooked. Lift it out with a fish-slice, pour the liquor into a basin, and clear off any scum which may be on it. Should there be three or four pounds of the fish, dissolve a quarter of a pound of butter in a stewpan, and when it has become a little brown, add two cloves of garlic and a large onion finely minced or sliced very thin ; fry them until they are well coloured, then add the fish ; strew equally over it, and stir it well up with from two to three tablespoonsful of Bengal currie powder; cover the pan, and shake it often until the fish is nicely browned; next add by degrees the liquor in which it was stewed, and simmer it until it is perfectly done, but not so as to fall into fragments. Add a moderate quantity of lemon-juice or chili vinegar, an serve it very hot.

Modern Redaction

Ingredients:

1kg (2lb, 3 oz) firm fish fillets, cut into 3cm cubes
60g (2 oz) butter or ghee
1 garlic clove, finely minced
60g (2 oz) onion, finely minced
2 tbsp Bengal curry powder (see below)
4 tbsp lemon juice or chilli vinegar

Method:

Place the fish pieces in a pan, cover with boiling water, bring to a boil and cook for about 5 minutes, or until the fish is half done. Drain the fish and reserve the liquid.

Melt the butter in a pan and heat until lightly browned. Add the onion and garlic and fry for 4 minutes then add the fish pieces. Scatter over the Bengal curry powder and stir to combine. Continue frying, stirring frequently, until the fish is golden brown.

Work a little of the reserved fish stock into the other ingredients to form a sauce. Cover the pan and cook for about 4 minutes more, or until the fish is cooked through. Serve hot, accompanied with rice.

Bengal Curry Powder

Bengal Curry Powder is a traditional British recipe, based on Eliza Acton's recipe of 1845, for a classic Victorian curry powder of the Bengal type.

This is a traditional British recipe redacted from Eliza Acton's 1845 volume *Modern Cookery*, the first classic Victorian cookbook.

Original Recipe

BENGAL CURRIE POWDER.

No. 1.

Mix thoroughly the following ingredients after they have been separately reduced to the finest powder and passed through a fine hair or lawn sieve:—

6 oz. coriander seed.

3 oz. black pepper.
1 oz. cumin-seed.
1 1/2 oz. fenugreek-seed.
3/4 oz. cayenne pepper.
3 oz. best pale turmeric.

Set the powder before the fire to dry, and turn it often; then withdraw it, let it become cold, and bottle it immediately. Keep it closely corked.

Obs.—We cannot think a large proportion of black pepper a desirable addition to currie powder, as it gives a strong coarse flavour : but as it may be liked by persons who are accustomed to it, we give the preceding and the following receipt without varying either: the second appears to us the best.

Coriander-seed	8 oz.
Chinese turmeric	4 oz.
Black pepper	2 oz.
Cassia	1/2 oz.
White ginger	1 oz.
Cayenne pepper	1/2 oz.

Modern Redaction

Ingredients:

180g (6 oz) coriander seeds
90g (3 oz) black peppercorns
30g (1 oz) cumin seeds
45g (1 1/2 oz) fenugreek seeds
22g (3/4 oz) cayenne pepper
90g (3 oz) ground turmeric

Method:

Combine the whole spices in a spice or coffee grinder and render to a fine powder. Mix with the cayenne pepper and turmeric.

Spoon into a jar, secure with a tight-fitting lid and store in an air-tight cupboard. It will keep for up to a month.

A Dry Curry

A Dry Curry is a traditional British recipe, based on Eliza Acton's recipe of 1845, for a classic Victorian dry curry of chicken in a n onion and cabbage base acidified with an apple.

This is a traditional British recipe redacted from Eliza Acton's 1845 volume *Modern Cookery*, the first classic Victorian cookbook.

Original Recipe

A DRY CURRIE.

Skin and cut down a fowl into small joints, or a couple of pounds of mutton, free from fat

and bone, into very small thick cutlets; rub them with as much currrie-powder, mixed with a teaspoonful of flour and one of salt, as can be made to adhere to them : this will be from two to three tablespoonsful. Dissolve a good slice of butter in a deep, well-tinned stewpan or saucepan, and shake it over a brisk fire for four or five minutes, or until it begins to take colour; then put in the meat, and brown it well and equally, without allowing a morsel to be scorched. The pan should be shaken vigorously every minute or two, and the meat turned in it frequently. When this is done, lift it out and throw into the stewpan two or three large onions finely minced, and four or five eschalots when these last are liked; add a morsel of butter if needful, and fry them until they begin to soften; then add a quarter of a pint of gravy, broth, or boiling water, and large acid apple, two moderate-sized ones, of a good boiling kind, with the hearts of two or three lettuces, or of one hard cabbage, shred quite small (tomatas or cucumbers freed from their seeds can be substituted for these when in season). Stew the whole slowly until it resembles a thick pulp, and add to it any additional liquid that may be required, should it become too dry; put in the meat, and simmer the whole very softly until this is done, which will be in from three quarters of an hour to an hour.

Prawns, shrimps, or the flesh of boiled lobsters may be slowly heated through, and served in this currie sauce with good effect.

Modern Redaction

Ingredients:

1 whole, chicken, skinned and jointed
1 tbsp curry powder
1 tbsp plain flour
1 tbsp salt
50g (2 oz) butter
2 large onions, finely minced
4 shallots, finely minced
150ml (3/5 cup) gravy or stock
1 sour cooking apple, grated
1 cabbage heart, finely shredded

Combine the curry powder, flour and salt in a bowl then rub this mixture all over the chicken pieces. Heat the butter in a pan and when the foaming has subsided add the chicken pieces and fry briskly until nicely browned all over.

Remove the meat from the pan with tongs then add in the onions and shallots. Fry for about 5 minutes, or until browned then pour in the stock and add the apple and cabbage heart. Bring to a simmer, cover and cook for 10 minutes, or until the apple has broken down to a pulp. You should have a thick gravy at this point (if it is too thick add a little more stock or water.) Return the meat to the pan, bring back to a simmer, cover and cook for about 40 minutes, or until the chicken pieces are tender. Shake the pan occasionally during this time to prevent burning.

The meat should be cooked through and the gravy should be almost dry. Turn into a serving dish and serve accompanied by boiled rice.

Curried Gravy

Curried Gravy is a traditional British recipe, based on Eliza Acton's recipe of 1845, for a classic Victorian gravy sauce of a meat stock flavoured with onions, coconut flesh and curry powder acidified with mango or apple.

This is a traditional British recipe redacted from Eliza Acton's 1845 volume *Modern Cookery*, the first classic Victorian cookbook.

Original Recipe

CURRIED GRAVY.

The quantity of onion, eschalot, or garlic used for a currie should be regulated by the taste of the persons for whom it is prepared; the very large proportions of them which are acceptable to some eaters, preventing others altogether from partaking of the dish. Slice, and fry gently in a little good butter, from two to six large onions a bit of garlic, and four or five eschalots, or none of either), when they are coloured equally of a fine yellow-brown, lift them on to a sieve reversed to drain; put them into a clean saucepan, add a pint and a half of good gravy, with a couple of ounces of rasped cocoa-nut, or of any of the other condiments we have already specified, which may require as much stewing as the onions (an apple or two, for instance), and simmer them softly from half to three quarters of an hour, or until the onion is sufficiently tender to be pressed through a strainer. We would recommend that for a delicate currie this should always be done; for a common one it is not necessary; and many persons prefer to have the whole of it left in this last. After the gravy has been worked through the strainer, and again boils, add to it from three to four dessertspoonsful of currie-powder and one of flour with as much salt as the gravy may require, the whole mixed to a smooth batter with a small cupful of cream. Simmer it from fifteen to twenty minutes, and it will be ready for use. Lobster, prawns, shrimps, macaroni, hard-boiled eggs, cold calf's head, and various other meats may be heated and served in it with advantage. For all of these, and indeed for every kind of currie, acid of some sort should be added. Chili vinegar answers well when no fresh lemon-juice is at hand.

Onions, 2 to 6 (garlic, 1 clove, or eschalots, 4 to 5, or *neither*); fried a light brown. Gravy, 1 1/2 pint ; cocoa-nut, 2 oz. (3, if very young) : 1/2 to 3/4 hour. Currie-powder, 3 to 4 dessertspoonsful; flour, 1 dessertspoonful; salt, as needed; cream, 1 small cupful: 15 to 20 minutes.

Obs.—In India, curds are frequently added to curries, but that may possibly be from their abounding much more than sweet cream in so hot a climate.

Modern Redaction

Ingredients:

- 3 large onions, thinly sliced
- 1 garlic clove, thinly sliced
- 4 shallots, thinly sliced
- 900ml (3 3/4 cups) good meat stock
- 60g (2 oz) fresh coconut flesh, finely grated
- 200g (7 oz) green mango (or cooking apple), finely grated

3 dessertspoons curry powder
1 dessertspoon plain flour
salt, to taste
200ml (4/5 cup) double cream
butter for frying
lemon juice, or chilli vinegar to taste

Method:

Melt a little butter in a pan. Add the garlic, onion and shallots and fry for about 5 minutes, stirring occasionally, or until the onions are golden brown. Remove with a slotted spoon and set aside on kitchen paper to drain.

Transfer the onions to a clean pan and add the grated mango, meat stock and grated coconut. Bring to a simmer, cover the pan and cook gently for about 40 minutes. Take off the heat then either puree with a stick blender or pass through a fine-meshed sieve.

Turn the purée into a pan and work in the curry powder. Mix the flour with the cream to form a smooth paste and whisk this into the gravy. Bring just to a boil, reduce to a simmer and cook gently for 15 minutes to thicken.

Season to taste with salt and lemon juice and serve hot as a curried gravy to accompany seafood, white meats or fowl.

A Real Indian Pilau

A Real Indian Pilau is a traditional British recipe, based on Eliza Acton's recipe of 1845, for a classic Victorian one pot-dish of chicken cooked with rice in a lightly-spiced bacon stock base.

This is a traditional British recipe redacted from Eliza Acton's 1845 volume *Modern Cookery*, the first classic Victorian cookbook.

Original Recipe

A REAL INDIAN PILAW.

Boil three pounds of bacon in the usual manner; take it out and drop into the same pan a pair of fowls compactly trussed as for boiling. In three quarters of an hour, unless very large, they will be sufficiently cooked ; but they should be thoroughly boiled. When they are so, lift them out, and place a hot cover and thick cloth over them. Take three pints and a half of the liquor in which they were boiled, and add to it when it again boils, nearly two pounds of well washed Patna rice, three onions, a quarter of an ounce each of cloves and pepper-corns, with half as much of allspice, tied loosely in a bit of muslin. Stew these together very gently for three quarters of an hour. Do not stir them as it breaks the rice. Take out the spice and onions; lay in the fowls if necessary, to heat them quite through, and dish them neatly with the rice heaped smoothly over them. Garnish the pilaw with hot hard-boiled eggs cut in quarters, or with fried forcemeat-balls, or with half rings of onion fried extremely dry. The bacon, heated apart, should be served in a separate dish.

Obs.—This is a highly approved receipt supplied to us by a friend who had long

experience of it in India; but we would suggest that to be *really cooked* so as to render it wholesome in this country, à larger quantity of liquid should be added to it, as one pint (or pound) will absorb three pints of water or broth: and the time allowed for stewing it appears to us insufficient for it to become really tender.

A Persian Pillow is made much in the same manner, sometimes with morsels of fried kid mixed with the rice.

Bacon, 3 lbs., 1 1/2 to 2 hours; fowls, 2. Rice, nearly 2 lbs. Broth from bacon and fowls, 3 1/2 pints; onions, 3; cloves and peppercorns, 1/4 oz. each; allspice, 1 drachm: 3/4 hour.

Modern Redaction

Ingredients:

675g (1 1/2 lb) bacon joint
1 chicken, prepared and trussed for boiling
400g (3 cups) Basmati rice, washed and drained
1l (4 cups) reserved broth from boiling
2 onions, whole
7.5g (1/4 oz) cloves
7.5g (1/4 oz) black peppercorns
3g (1/8 oz) allspice berries

Method:

Bring a large pan of water to a boil, add the bacon joint and boil for 50 minutes, or until the bacon is tender. Remove the bacon from the pan and set aside then add the chicken to the pan. Bring back to a boil and cook for about 40 minutes, or until the chicken is tender.

Remove the chicken and set aside then measure out 1l of the cooking stock. Pour into a pan and bring to a boil then stir in the Basmati rice along with the onions and spices (it is easiest if you tie the spices in a muslin bag). Bring to a simmer, cover the pan and cook gently for 45 minutes.

At this point remove the onions and the spice bag. Place the chicken back into the pan and cook for about 15 minutes, or until the rice is dry and the chicken is heated through. Arrange the rice on a serving dish and place the chicken on top. Garnish with halved, hard-boiled eggs and crisp-fried onions and serve.

Kedgeree

Kedgeree is a traditional British recipe, based on Eliza Acton's recipe of 1845, for a classic Victorian breakfast curry of fish and cooked rice flavoured with cayenne pepper and bound with egg.

This is a traditional British recipe redacted from Eliza Acton's 1845 volume *Modern Cookery*, the first classic Victorian cookbook.

Original Recipe

KEDGEREE OR KIDGEREE AN INDIAN BREAKFAST DISH.

Boil four ounces of rice tender and dry as for currie, and when it is cooled down put it into a saucepan with nearly an equal quantity of cold fish taken clear of skin and bone, and divided into very small flakes or scallops. Cut up an ounce or two of fresh butter and add it, with a full seasoning of cayenne, and as much salt as may be required. Stir the kedgeree constantly over a clear fire until it is very hot; then mingle quickly with it two slightly beaten eggs. Do not let it boil after these are stirred in ; but serve the dish when they are just *set*. A Mauritian chantey may be sent to table with it. The butter may be omitted, and its place supplied by an additional egg or more.

Cold turbot, brill, salmon, soles, John Dory, and shrimps, may all be served in this form.

Modern Redaction

This is a very interesting recipe, especially as it's nothing like modern kedgerees (which are flavoured with curry powder and do not contain scrambled egg [though they can contain hard-boiled eggs]). Rather, this is more like egg-fried rice seasoned with cayenne pepper.

Ingredients:

120g (1 cup) rice, boiled until tender and drained
120g (1 cup) cold, cooked fish, boned and flaked
30g (1 oz) butter, chopped
cayenne pepper, to taste
salt, to taste
2 eggs, lightly beaten

Method:

When the rice is cold, combine in a pan with the flaked fish and butter. Season to taste with cayenne pepper and salt then allow to heat through, stirring occasionally. When the rice mixture is very hot, stir in the beaten eggs. Stir to combine with the rice and fish and allow the eggs to just set.

Take off the heat and turn onto a warmed serving dish. Serve accompanied by chutney.

Skate Curry

Skate Curry is a traditional British recipe, based on Alexis Soyer's recipe of 1849, for a classic dish of boiled skate wings served with a curried onion and apple sauce. This is a traditional British recipe redacted from Alexis Soyer's 1849 volume *The modern Housewife or Ménagère*, a classic Victorian cookbook.

Original Recipe

566. SKATE CURRY.—Plain boil about two pounds of skate with a piece of the liver, which put upon a dish without a napkin, previously well draining off the water; whilst the fish is boiling cut two onions in slices, which put into a stewpan, with an ounce of butter, and fry of a lightish brown colour; then mix in a tablespoonful of curry powder with a teaspoonful of flour, and a pint of good broth, set it upon the fire, keeping it stirred, and when boiling, put in a good-sized apple cut into slices, let boil until it is reduced to about half, when rub it through a tammy or hair sieve, pour it again into a stewpan, and when hot, pour over the fish, and serve with rice

separately. This being so very delicate, requires great care in cooking it, or it will get very unsightly.

Modern Redaction

Ingredients

2 skate wings
small piece of the skate liver
2 onions, sliced
30g (1 oz) butter
1 tbsp curry powder
1 tsp plain flour
600ml (2 1/2 cups) good stock, hot
1 cooking apple, peeled, cored and sliced

Method:

Bring a pan of lightly-salted water to a boil and add the skate wings and liver. Reduce to a simmer, cover and cook for about 25 minutes, or until tender.

In the meantime, melt the butter in a pan. Add the onion slices and fry for about 8 minutes, or until golden brown. Mix together the flour and curry powder, scatter over the top and mix in to form a roux. Whisk in the hot stock and bring to a boil.

Add the apple slices, bring back to a boil and continue cooking for about 15 minutes, or until the volume has reduced by half. Puree the mixture and pass through a fine-meshed sieve. Return to the heat and allow to warm through.

When the skate wings are cooked, drain and arrange on a warmed serving dish. Pour over the curry sauce and serve immediately.

Curried Rice

Curried Rice is a traditional British recipe, based on Charles Elmé Francatelli's recipe of 1861, for a classic starter of boiled rice that's finished by frying in butter flavoured with curry paste.

This is a classic recipe for a Victorian version of Curried Rice that's derived from the chef, Charles Elmé Francatelli's 1861 volume, *The Cook's Guide and Housekeeper's & Butler's Assistant*. Below you will find both the recipe in its original form and a modern redaction.

Original Recipe

No. 301.— CURRIED RICE.

Boil a pound of rice as indicated in No. 227 ; fry it in a stew pan or saucepan, with a little fresh butter and a spoonful of Captain White's excellent curry paste; stir lightly together, and serve hot.

Modern Redaction

Ingredients:

400g (3 cups) rice (about 60g per person)
60g (2 oz) butter
1 tbsp curry paste

Method:

Thoroughly wash the rice in a colander under plenty of cold, running, water to remove the excess starch. In the meantime, bring 2l (8 cups) of lightly-salted water to a boil, add the rice and cook for about 20 minutes, or until the rice is just tender.

Turn into a sieve and allow to drain then combine the butter and curry paste in a frying pan. Add the coked rice and fry gently until coated by the curry butter. Serve hot.

Indian Sauce

Indian Sauce is a traditional British recipe, based on Charles Elmé Francatelli's recipe of 1861, for a classic sauce of a tomato sauce base flavoured with curry paste and meat glaze.

This is a classic recipe for a Victorian version of Indian Sauce that's derived from the chef, Charles Elmé Francatelli's 1861 volume, *The Cook's Guide and Housekeeper's & Butler's Assistant*. Below you will find both the recipe in its original form and a modern redaction.

Original Recipe

No. 73.—INDIAN SAUCE

For half a pint of Tomata sauce, No 21, add a tablespoonful of diluted and strained curry-paste, a bit of glaze, and a little anchovy; boil together and serve.

Modern Redaction

Ingredients:

300ml (1 1/4 cups) tomato sauce
1 tbsp curry paste
1 tsp of meat glaze (basically a good meat stock reduced down to a honey-like consistency)
1 tsp anchovy essence

Method:

Heat the tomata sauce in a pan then stir in the curry paste. Allow to heat through then stir in the glaze until dissolved. Add the anchovy essence, bring to a simmer and serve.

Mulligatawney Soup

Mulligatawney Soup is a traditional British recipe, based on Charles Elmé Francatelli's recipe of 1861, for a classic Anglo-Indian soup (often spelled Mulligatawny) of vegetables and apples in a curry-flavoured base that's finished by the addition of diced meat.

This is a classic recipe for a Victorian version of Mulligatawney Soup that's derived from the chef, Charles Elmé Francatelli's 1861 volume, *The Cook's Guide and Housekeeper's & Butler's Assistant*. Below you will find both the recipe in its original form and a modern

redaction.

Original Recipe

No. 144.—MULLIGATAWNEY SOUP.

Peel and slice up a dozen onions, and put these into a stewpan with four ounces of butter, and fry them without colour over a slow fire ; when this is done, add six unpeeled apples and cut in slices ; and as soon as these have been dissolved over the fire, mix in six ounces of flour, two tablespoonfuls of curry paste (Crosse and Blackwell's is best), and a good spoonful of curry powder ; moisten with three quarts of good stock ; stir over the fire until the soup boils, and then set it to continue gently simmering by the side, to allow all grease &c., to rise to the surface ; remove this, rub the soup smoothly through a sieve or tammy ; and having poured it into a soup-pot, add poultry, game, veal, or pork, or any kind of fish, previously cooked, and cut into neat square pieces ; boil together for a few minutes, and serve with plain boiled rice in a separate dish.

Note.—When pieces of ox-tail, ox-cheek, tendons of veal, calf's brains, tails or feet, rabbit, &c., garnish the soup it is then designated ox-tail, &c., à l'Indiènne, or ox-tail soup in the Indian fashion.

Modern Redaction

Ingredients:

12 onions, peeled and diced
120g (4 oz) butter
6 apples, cored (but not peeled) and cut into slices
180g (6 oz) plain flour
2 tbsp curry paste
1 tbsp curry powder
3l (12 cups) good quality stock
cooked and diced meat (fish, poultry, game, lamb etc)

Method:

Melt the butter in a large pan, add the onions then cover the pan and sweat gently for about 10 minutes, or until the onions are softened but not coloured. At this point, add the apple slices and continue sweating down gently for about 20 minutes, or until the apples have broken down almost completely.

Scatter the flour over the surface and mix in until smooth. Now stir in the curry paste and curry powder then whisk in the stock until smooth. Bring the mixture to a boil, reduce to a simmer and cook for about 30 minutes. Skim off any fat from the surface of the soup then rub through a fine-meshed sieve to purée.

Pour the resultant puréed soup into a clean stockpot, add the meat (or fish) pieces, bring to a simmer and cook for about 10 minutes, or until the meat is heated through. Turn into a soup tureen and accompany with plain boiled rice.

Indian Curry-Powder

Indian Curry-Powder is a traditional British recipe, based on Mrs Beeton's recipe of 1861, for a classic Victorian English interpretation of a traditional Indian spice blend intended for curries.

This is a traditional British recipe redacted from the redoubtable Mrs Beeton's 1861 volume *Mrs Beeton's Book of Household Management*, the classic Victorian cookbook.

Original Recipe

INDIAN CURRY-POWDER, founded on Dr. Kitchener's Recipe.

449. INGREDIENTS.—1/4 lb. of coriander-seed, 1/4 lb. of turmeric, 2 oz. of cinnamon-seed, 1/2 oz. of cayenne, 1 oz. of mustard, 1 oz. of ground ginger, 1/2 ounce of allspice, 2 oz. of fenugreek-seed.

Mode.—Put all the ingredients in a cool oven, where they should remain one night; then pound them in a mortar, rub them through a sieve, and mix thoroughly together; keep the powder in a bottle, from which the air should be completely excluded.

Note.—We have given this recipe for curry-powder, as some persons prefer to make it at home; but that purchased at any respectable shop is, generally speaking, far superior, and, taking all things into consideration, very frequently more economical.

Modern Redaction

I know that this recipe is also duplicated elsewhere in this book, but it's impossible to look at historic curries and this history of British curries without reference to this recipe, with its heavy use of turmeric (after all its this style of curry that the British introduced into Japan).

Ingredients:

115g (1/4 lb) coriander seeds
115g (1/4 lb) ground turmeric
60g (2 oz) cinnamon seeds (substitute cinnamon)
15g (1/2 oz) cayenne pepper
30g (2 oz) mustard seeds
30g (2 oz) ground ginger
15g (1/2 oz) allspice berries
60g (2 oz) fenugreek seeds

Method:

Spread the coriander seeds, cinnamon, broken into pieces, mustard seeds, allspice berries and fenugreek seeds on a baking tray. Transfer to an oven pre-heated to 120ºC (250ºF) and bake for about 90 minutes, or until lightly toasted.

Turn into a mortar or spice grinder and render to a powder then mix in a bowl with all the remaining ingredients. Turn into a jar with a tight-fitting lid, label and store in a cool, dark, cupboard.

Indian Mustard

Indian Mustard is a traditional British recipe, based on Mrs Beeton's recipe of 1861, for a classic recipe for a traditional mustard flavoured with shallots, vinegar, ketchup and anchovy sauce.

This is a traditional British recipe redacted from the redoubtable Mrs Beeton's 1861 volume *Mrs Beeton's Book of Household Management*, the classic Victorian cookbook.

Original Recipe

INDIAN MUSTARD, an excellent Relish to Bread and Butter, or any cold meat.

450. INGREDIENTS.—1/4 lb. of the best mustard, 1/4 lb. of flour, 1/2 oz. of salt, 4 shalots, 4 tablespoonfuls of vinegar, 4 tablespoonfuls of ketchup, 1/4 bottle of anchovy sauce.

Mode.—Put the mustard, flour, and salt into a basin, and make them into a stiff paste with boiling water. Boil the shalots with the vinegar, ketchup, and anchovy sauce, for 10 minutes, and pour the whole, *boiling*, over the mixture in the basin; stir well, and reduce it to a proper thickness; put it into a bottle, with a bruised shalot at the bottom, and store away for use. This makes an excellent relish, and if properly prepared will keep for years.

Modern Redaction

Ingredients:

115g (1/4 lb) black mustard seeds
115g (1/4 lb) plain flour
15g (1/2 oz) salt
4 shallots, finely chopped
4 tbsp vinegar
4 tbsp ketchup
75ml (2 1/2 oz) anchovy sauce

Method:

Gently toast the mustard seeds in a dry pan until aromatic (but not burned). Turn into a spice or coffee grinder then render to a fine powder. Combine in a bowl with the flour and salt then add enough boiling water to bring the ingredients together as a stiff paste.

In the meantime, combine the vinegar, shallots, ketchup and anchovy sauce in a pan. Bring to a boil and cook for 10 minutes then take off the heat and immediately work into the mustard paste. Transfer to a pan, bring to a simmer and cook until the mustard reduces to the desired thickness.

Place a bruised shallot in the base of a jar, pour over the mustard mix, seal and set aside to mature for 1 month before use.

Indian Pickle

Indian Pickle is a traditional British recipe, based on Mrs Beeton's recipe of 1861, for a classic pickle or preserve of mixed vegetables preserved in spiced vinegar with mustard, ginger, turmeric and long pepper.

This is a traditional British recipe redacted from the redoubtable Mrs Beeton's 1861

volume *Mrs Beeton's Book of Household Management*, the classic Victorian cookbook.

Original Recipe

INDIAN PICKLE (very Superior).

451. INGREDIENTS.—To each gallon of vinegar allow 6 cloves of garlic, 12 shalots, 2 sticks of sliced horseradish, 1/4 lb. of bruised ginger, 2 oz. of whole black pepper, 1 oz. of long pepper, 1 oz. of allspice, 12 cloves, 1/4 oz. of cayenne, 2 oz. of mustard-seed, 1/4 lb. of mustard, 1 oz. of turmeric; a white cabbage, cauliflowers, radish-pods, French beans, gherkins, small round pickling-onions, nasturtiums, capsicums, chilies, &c.

Mode.—Cut the cabbage, which must be hard and white, into slices, and the cauliflowers into small branches; sprinkle salt over them in a large dish, and let them remain two days; then dry them, and put them into a very large jar, with garlic, shalots, horseradish, ginger, pepper, allspice, and cloves, in the above proportions. Boil sufficient vinegar to cover them, which pour over, and, when cold, cover up to keep them free from dust. As the other things for the pickle ripen at different times, they may be added as they are ready: these will be radish-pods, French beans, gherkins, small onions, nasturtiums, capsicums, chilies, &c. &c. As these are procured, they must, first of all, be washed in a little cold vinegar, wiped, and then simply added to the other ingredients in the large jar, only taking care that they are covered by the vinegar. If more vinegar should be wanted to add to the pickle, do not omit first to boil it before adding it to the rest. When you have collected all the things you require, turn all out in a large pan, and thoroughly mix them. Now put the mixed vegetables into smaller jars, without any of the vinegar; then boil the vinegar again, adding as much more as will be required to fill the different jars, and also cayenne, mustard-seed, turmeric, and mustard, which must be well mixed with a little cold vinegar, allowing the quantities named above to each gallon of vinegar. Pour the vinegar, boiling hot, over the pickle, and when cold, tie down with a bladder. If the pickle is wanted for immediate use, the vinegar should be boiled twice more, but the better way is to make it during one season for use during the next. It will keep for years, if care is taken that the vegetables are quite covered by the vinegar.

This recipe was taken from the directions of a lady whose pickle was always pronounced excellent by all who tasted it, and who has, for many years, exactly followed the recipe given above.

Note.—For small families, perhaps the above quantity of pickle will be considered too large; but this may be decreased at pleasure, taking care to properly proportion the various ingredients.

Modern Redaction

Ingredients:

For the Preserving Vinegar:

1l (4 cups) vinegar

6 garlic cloves

12 shallots

2 sticks of sliced horseradish

115g (1/4 lb) ginger, bruised
60g (2 oz) whole black peppercorns
30g (1 oz) long pepper
30g (1 oz) allspice
12 cloves
7.5g (1/4 oz) cayenne pepper
60g (2 oz) mustard seeds
115g (1/4 lb) mustard powder
30g (1 oz) ground turmeric

For the Vegetables:
1 firm, white, cabbage
cauliflower florets
radish pods
French beans
string beans
gherkins
pickling onions
nasturtium pods
bell peppers
chillies
courgettes
(and any other vegetables you like)

sea salt

Method:

This is an unusual pickle, in that it's made over an entire garden season, with additional vegetables being added to the base mix as, and when, they become seasonable.

Take a hard, white, cabbage and cut into thin slices then separate the cauliflowers into florets. Place in a non-reactive dish, sprinkle salt over them then cove with a cloth and set aside to brine for two days. After this time, wash the vegetables to remove excess salt and dry thoroughly.

Place in a large jar along with the garlic, shallots, horseradish, ginger, black pepper, long pepper, allspice and cloves (use the quantities above for every 1l of vinegar you are adding [I tend to make enough for a 2.5l pickle jar]). Add the vinegar to a pan with the cayenne pepper, mustard seeds, mustard powder and turmeric. Bring to a boil, allow to cool slightly then pour over the contents of the jar. Seal with a vinegar-proof lid and set aside.

Set aside until the next set of ingredients are ready. When ready to add more ingredients to the pickle, wash them in cold vinegar, wipe dry and slice if large. Place in the jar, ensuring that they are covered completely by the vinegar.

When the last of the ingredients have been added, turn the contents of the jar into a large pan and thoroughly mix the vegetables. Use a slotted spoon to transfer the vegetables to smaller jars then pour the vinegar into a pan (add more vinegar if needed), bring to a boil, top-up the

spices then pour over the contents of the pan, seal thoroughly and set aside to mature for at least two months before use.

Curried Cod

Curried Cod is a traditional British recipe, based on Mrs Beeton's recipe of 1861, for a classic dish of fried cod flakes with onions that's finished in white stock flavoured with cream and curry powder.

This is a traditional British recipe redacted from the redoubtable Mrs Beeton's 1861 volume *Mrs Beeton's Book of Household Management*, the classic Victorian cookbook.

Original Recipe

237. INGREDIENTS.—2 slices of large cod, or the remains of any cold fish; 3 oz. of butter, 1 onion sliced, a teacupful of white stock, thickening of butter and flour, 1 small teaspoonful of curry-powder, 1/4 pint of cream, salt and cayenne to taste.

Mode.—Flake the fish, and fry it of a nice brown colour with the butter and onions; put this in a stewpan, add the stock and thickening, and simmer for 10 minutes. Stir the curry-powder into the cream; put it, with the seasoning, to the other ingredients; give one boil, and serve.

Time.—3/4 hour. *Average cost*, with fresh fish, 3s.

Seasonable from November to March.

Sufficient for 4 persons.

Modern Redaction

Ingredients:

2 large cod fillets, cooked
90g (3 oz) butter
1 onion, sliced
250ml (1 cup) white stock
1 tbsp butter blended with 1 tbsp flour until smooth, to thicken
1 tsp curry powder
150ml (3/5 cup) cream
salt and cayenne pepper, to taste

Method:

Flake the fish then melt the butter, add the fish and onions and fry for about 10 minutes, or until nicely browned. Turn into a stockpot then add the white stock and bring to a simmer. Cut the thickening into small pieces and whisk into the stock. Return to a simmer and cook for a further 10 minutes.

Now stir in the curry powder and the cream, season to taste then bring to a boil, take off the heat and serve with rice.

Curried Mutton

Curried Mutton is a traditional British recipe, based on Mrs Beeton's recipe of 1861, for a

classic dish of cold mutton fried with butter that's mixed with flour and curry powder, moistened with stock and served with rice.

This is a traditional British recipe redacted from the redoubtable Mrs Beeton's 1861 volume *Mrs Beeton's Book of Household Management*, the classic Victorian cookbook.

Original Recipe

CURRIED MUTTON (Cold Meat Cookery).

713. INGREDIENTS.—The remains of any joint of cold mutton, 2 onions, 1/4 lb. of butter, 1 dessertspoonful of curry powder, 1 dessertspoonful of flour, salt to taste, 1/4 pint of stock or water.

Mode.—Slice the onions in thin rings, and put them into a stewpan with the butter, and fry of a light brown; stir in the curry powder, flour, and salt, and mix all well together. Cut the meat into nice thin slices (if there is not sufficient to do this, it may be minced), and add it to the other ingredients; when well browned, add the stock or gravy, and stew gently for about 1/2 hour. Serve in a dish with a border of boiled rice, the same as for other curries.

Time.—1/2 hour.

Average cost, exclusive of the meat, 6d.

Seasonable in winter.

Modern Redaction

Ingredients:

the remains of a joint of cold mutton (boiled or roasted)
2 onions, sliced into rings
115g (1/4 lb) butter
1 dessert spoon curry powder
1 dessert spoon plain flour
salt to taste
150ml (3/5 cup) stock or water
400g (3 cups) cooked rice

Method:

Combine the onions and butter in a pan and fry for about 10 minutes, or until nicely browned. Stir in the curry powder, flour and salt and stir to mix thoroughly. In the meantime slice the meat thinly (if you cannot do this then either dice or mince it).

Add the meat to the pan and fry everything gently for about 3 minutes, stirring constantly. Mix in the stock or water until smooth then bring to a simmer, cover and cook gently for 30 minutes.

Turn into a serving dish, garnish with a border of boiled rice and serve.

Goan Curry Paste

Goan Curry Paste is a traditional Indian recipe, based on the 1890s book, *THE INDIAN COOKERY BOOK* for a classic vindaloo-style intended to be a curry paste that could be sent

abroad.

This is a traditional Indian recipe redacted from the 1890s volume *THE INDIAN COOKERY BOOK*, published by THACKER, SPINK & CO., CALCUTTA.

Original Recipe

65.–Curry Paste

Is likewise adapted for sending as a present to friends at home. It is made in the following manner:—Eight ounces of dhunnia, or coriander-seed, roasted; one ounce of jeerah, or cumin-seed, roasted; two ounces of huldee, or dry turmeric; two ounces of lal mirritch, dry chilies; two ounces of kala mirritch, black pepper, roasted; two ounces of rai, or mustard-seed; one ounce of soat, or dry ginger; one ounce of lussan, or garlic; four ounces of nimmuck, salt; four ounces of cheenee, or sugar; four ounces of chunna or gram dal without husk, and roasted. The above ingredients, in the proportions given, to be carefully pounded and ground down with the best English white wine vinegar to the consistency of a thick jelly; then warm some good sweet oil, and while bubbling fry in it the mixture until it is reduced to a paste; let it cool, and then bottle it.

N.B.—Great care must be taken not to use any water in the preparation, and mustard oil is better adapted than sweet oil for frying the mixture in.

Modern Redaction

Ingredients:

125g (4 1/2 oz) coriander seeds
30g (1 oz) cumin seeds
30g (1 oz) turmeric powder
30g (1 oz) dried red chillies
30g (1 oz) black peppercorns
30g (1 oz) black mustard seeds
30g (1 oz) ground ginger
30g (1 oz) garlic
60g (2 oz) sea salt
60g (2 oz) brown sugar
60g (2 oz) channa dhal or gram dhal
100ml (2/5 cup) white wine vinegar
4 tbsp mustard oil (or groundnut oil)

Method:

Place a non-stick frying pan over medium-high heat and use to separately dry fry the coriander seeds, cumin seeds, dried red chillies, black peppercorns, mustard seeds and the dhal for about 1 to 2 minutes, each, or until aromatic.

As soon as each spice is fried, turn into a bowl and dry fry the next spice. Turn into a spice or coffee grinder (or a mortar) and render to a fine powder then mix in the turmeric powder, ground ginger, salt and sugar. Blitz to blend then turn into a mortar and add the garlic. Pound to combine then add the white wine vinegar, a little at a time and pound and mix until you have a thick paste.

Heat the mustard oil in a frying pan, add the spice paste and when hot add the spice paste and fry the spice mixture until it is reduced down to a thick paste.

Take off the heat, turn into a bowl and allow to cool before storing in a jar or bottle.

Kid Goat Korma

Kid Goat Korma is a traditional Indian recipe, based on the 1890s book, *THE INDIAN COOKERY BOOK* for a classic curry of kid goat meat cooked in a spiced yoghurt base.

This is a traditional Indian recipe redacted from the 1890s volume *THE INDIAN COOKERY BOOK*, published by THACKER, SPINK & CO., CALCUTTA.

Original Recipe

52.–Kid Quorema

Cut up a fore-quarter or a hind-quarter of a kid into eight or ten pieces, and cook it exactly as directed in the foregoing recipe. This is rather preferred to mutton quorema.

Take two pounds of mutton, one pound of tyre or dhye, two chittacks of garlic, one dam of cardamoms, four chittacks of bruised almonds, four mashas of saffron, the juice of five lemons, one pound of ghee, four chittacks of sliced onions, one dam of cloves, one chittack of pepper, four chittacks of cream, and a quarter of a teaspoonful of ground garlic.

The following is the recipe of the quorema curry usually put on a gentleman's table:—Two chittacks and a half or five ounces of ghee, one cup or eight ounces of good thick tyre, one teaspoonful of ground chilies, four teaspoonfuls of ground onions, one teaspoonful of coriander-seed, six small sticks of ground cinnamon, two or three blades of lemon-grass, one teaspoonful and a half of salt, a half teaspoonful of ground ginger, a quarter of a teaspoonful of ground garlic, eight or ten peppercorns, four or five ground cloves, five or six ground cardamoms, two or three bay-leaves, a quarter of a cup of water, the juice of one lemon, and twelve large onions cut lengthways into fine slices.

Take two pounds of good fat mutton, and cut it up into pieces nearly one inch and a half square. Warm the ghee, fry in it the sliced onions, and set aside; then fry all the ground condiments, including the ground hot spices. When quite brown, throw in the mutton and salt, and allow the whole to brown, after which add the tyre, the hot spices with peppercorns and bay-leaves, the lemon-grass, the water, and the fried onions finely chopped; close the pot, and allow it to simmer over a gentle coal fire for about an hour and a half or two hours, by which time the kurma will be quite ready. The blades of lemon-grass are never dished up.

Modern Redaction

The recipe for kid goat korma is broken into two pieces. I have given them both here and they are joined together in my modern redaction, given below. You can substitute lamb for the kid goat.

Ingredients:

1kg (2 lb 3 oz) kid goat meat, taken from the fore-quarter and cut into 3cm cubes
150g (3/4 cup) ghee or butter
250ml (1 cup) Greek-style yoghurt

1 tsp ground red chillies
4 tbsp onions, minced an pounded to a paste
1 garlic clove, minced and pounded to a paste
1 tsp coriander seeds
1 tbsp ground cinnamon
1/2 tsp ground ginger
2 lemongrass stalks, bruised
1 1/2 tsp salt
10 black peppercorns, ground
5 cloves, ground
seeds from 6 cardamom pods, ground
3 bayleaves
60ml (1/4 cup) water
juice of 1 lemon
10 large onions, cut lengthways into fine slivers

Method

Heat the ghee in a large pan. Add the sliced onions and fry for about 6 minutes, or until golden brown. Remove with a slotted spoon and set aside. Add the ground spices to oil remaining in the pan and stir fry until brown and aromatic. Now add the meat, salt, onion paste and garlic paste. Stir fry until the meat is well browned all over then add the yoghurt bayleaves, lemongrass and water. Stir to combine, bring to a simmer and cover the pan.

Cook gently for 80 minutes, or until the meat is tender and the sauce is thick. Remove the lemongrass, stir in the lemon juice and serve with rice.

Prawn Kofta Curry

Prawn Kofta Curry is a traditional Indian recipe, based on the 1890s book, *THE INDIAN COOKERY BOOK* for a classic curry of prawn meatballs cooked in a spiced stock base.

This is a traditional Indian recipe redacted from the 1890s volume *THE INDIAN COOKERY BOOK*, published by THACKER, SPINK & CO., CALCUTTA.

Original Recipe

37.—Prawn Cofta Curry

Beef, mutton, chicken, fish, crabs, and prawns are usually taken for making these curries. The ingredients for two pounds of meat or fish are as follow:—Lard, ghee, or mustard oil, three to four ounces; water or stock, five to six ounces; ground onions, one tablespoonful or one ounce; ground chilies, a quarter of a tablespoonful, ground turmeric, a quarter of a tablespoonful; ground green ginger, half a teaspoonful; ground peppercorns, half a teaspoonful; ground garlic, a quarter of a teaspoonful; garden herbs, finely chopped, one dessertspoonful; salt, one dessertspoonful; finely-grated bread-crumbs, three tablespoonfuls; one egg.

Get thirty to forty of the best prawns, and remove the heads and shells; wash the prawns well with salt and water, then pound them to a pulp; mix with it all the ingredients as directed for the beef cofta; make into balls, roll them in bread-crumbs, and set aside. After washing the

heads, remove the shells, and bruise the contents with a dessertspoonful of unroasted coriander-seed; take all the juice, and fry it with the ground condiments; then put in the balls, brown them, add salt to taste, a cup of water, and simmer until they are cooked.

N.B.—Good mustard oil is preferable to using lard or ghee, and the ginger must be omitted; but the addition of a few bay-leaves and blades of lemon-grass would be an improvement. It is not usual to dish up the lemon-grass.

Modern Redaction

Ingredients:

500g (1 lb) king prawns (with shells)
1 tbsp fresh herbs, finely chopped
salt, to taste
1 1/2 tbsp fine breadcrumbs
1/4 tsp freshly-ground black pepper
1 egg yolk
breadcrumbs for coating
50g (2 oz) ghee or mustard oil
90ml (6 tbsp) fish stock or water
1 tbsp onions, pounded to a paste
1/4 tsp ground chillies
1/4 tsp ground turmeric
1/4 tsp finely-grated ginger
1/4 tsp minced garlic
1 dessertspoon coriander seeds

Method:

Remove the heads and shells from the prawns (set these aside). Chop the meat of the prawns finely then place in a mortar and pound to a smooth paste. Mix in the herbs, breadcrumbs and black pepper. Season to taste with salt and add a little stock to moisten. Work in the eggs then shape the mixture into balls. Roll in breadcrumbs to coat and set aside.

Take the prawn heads and place in a mortar with the coriander seeds. Pound these together to bruise them and add any of the remaining fish stock. Pass the mixture through a fine-meshed sieve and press down with the back of a spoon to extract all the juice.

Heat the ghee or mustard oil in a pan, add the spices, onion paste and garlic and fry for about 5 minutes, until browned. Stir in the prawn juice and the prawn meatballs. Fry until the meatballs are browned all over then add 250ml (1 cup) water and bring to a simmer. Cover and cook gently for about 20 minutes, or until the meatballs cooked through. Serve hot.

Chicken Dupiaza

Chicken Dupiaza is a traditional Indian recipe, based on the 1890s book, *THE INDIAN COOKERY BOOK* for a classic curry of chicken pieces cooked in a spiced onion base.

This is a traditional Indian recipe redacted from the 1890s volume *THE INDIAN*

COOKERY BOOK, published by THACKER, SPINK & CO., CALCUTTA.

Original Recipe

23.—Chicken Doopiaja

The literal translation of doopiaja is “two onions,” and the term probably is correctly applicable, as it will be noticed, in the recipes for preparing the doopiaja curries, that besides the full quantity of ground onions, it is necessary to put in about an equal quantity of fried onions, thereby doubling the quantity of onions.

Doopiajas are more piquant curries; they are cooked with more ghee and less water. The following condiments, &c., are considered ample for a really good doopiaja of chicken or of any meat:—

One chittack and a half or three ounces of ghee, one breakfast-cupful of water, one teaspoonful and a half of salt, four teaspoonfuls of ground onions, one teaspoonful each of ground turmeric and chilies, half a teaspoonful of ground ginger, a quarter of a teaspoonful of ground garlic, twelve onions cut lengthways, each into six or eight slices, and half a teaspoonful of ground coriander-seed if it be liked.

Take a full-sized curry chicken and divide it into sixteen or eighteen pieces. Melt the ghee in a warm or heated pot, fry brown the sliced onions and set aside; then fry the ground condiments, stirring the whole; when brown, add the cut-up chicken with the salt, and fry to a rich brown. Chop the fried onions and put into the pot with one cup of water, and allow to simmer over a slow fire for about one hour, when the chicken will be perfectly tender, and the liquid reduced to a thick consistency, and to half its original quantity.

Modern Redaction

Ingredients:

1 oven-ready chicken, divided into 16 serving pieces
90g (3 oz) ghee
250ml (1 cup) water
1 1/2 tsp salt
4 tsp onions, ground or pounded to a paste
1 tsp ground turmeric
1 tsp ground chillies
1/2 tsp ground ginger
1/4 tsp garlic, ground or pounded to a paste
6 onions, cut lengthways into 6 or 8 slices each
1/2 tsp ground coriander seeds

Method:

Heat the ghee in a large pan, add the sliced onions and fry for about 6 minutes, or until golden brown all over. Remove with a slotted spoon and set aside.

Add the ground ingredients to the pan and fry for a few minutes, or until brown and aromatic. Add the chicken pieces along with the salt and continue frying until nicely browned all over.

Chop up the fried onions and add to the pan with the 250ml (1 cup) water. Bring to a simmer, cover and cook gently over low heat for about 60 minutes, or until the chicken pieces are cooked through and very tender (the gravy should be very thick).

Serve hot, accompanied with rice.

Chicken Curry

Chicken Curry is a traditional Indian recipe, based on the 1890s book, *THE INDIAN COOKERY BOOK* for a classic curry of chicken pieces cooked in a spiced gravy base.

This is a traditional Indian recipe redacted from the 1890s volume *THE INDIAN COOKERY BOOK*, published by THACKER, SPINK & CO., CALCUTTA.

Original Recipe

16.–Chicken Curry

Take one chittack or two ounces of ghee, two breakfast-cupfuls of water, one teaspoonful and a half of salt, four teaspoonfuls of ground onions, one teaspoonful each of ground turmeric and chilies, half a teaspoonful of ground ginger, and a quarter of a teaspoonful of ground garlic.

To suit the taste of those who like it, half a teaspoonful of ground coriander-seed may be added, which should be roasted before being ground. Observe the following directions for cooking:—

Take the usual full-sized curry chicken, the price of which has latterly ranged from three to four annas, and divide it into sixteen or eighteen pieces. Warm the pot, melt in it the ghee, and immediately it begins to bubble throw in all the ground condiments, stirring until quite brown; then put in the cut-up chicken and the salt, and stir up to a good light-brown colour; then add the water, and allow the whole to simmer over a slow fire until the chicken is quite tender, and the liquid reduced to about half its original quantity. The operation of cooking or simmering will take from a half to three-quarters of an hour.

Modern Redaction

This is a classic gravy-curry (ie a wet curry that has a thick gravy base). It can be adapted for just about any kind of meat by simple substitution.

Ingredients:

1 large, oven-ready chicken, cut into 16 serving pieces
60g (2 oz) ghee
500ml (2 cups) water
1 tsp salt
4 tsp onions, ground or pounded to a paste
1 tsp ground turmeric
1 tsp ground chillies
1/2 tsp ground ginger
1/4 tsp garlic, ground or pounded to a paste

Method:

Heat the ghee in a pan, and as soon as it begins to foam add the ground spices. Stir-fry these for a few minutes, until browned then add the chicken pieces and the salt. Fry the chicken until golden brown all over then add the water.

Bring the mixture to a simmer, cover with a tight-fitting lid and cook gently for about 45 minutes, or until the chicken is tender and the liquid has reduced to half its original volume.

Serve hot.

Bhuna Kedgeree

Bhuna Kedgeree is a traditional Indian recipe, based on the 1890s book, *THE INDIAN COOKERY BOOK* for a classic dish of rice and lentils cooked in a spiced onion base.

This is a traditional Indian recipe redacted from the 1890s volume *THE INDIAN COOKERY BOOK*, published by THACKER, SPINK & CO., CALCUTTA.

Original Recipe

5.–Bhoonee Kitcheeree

Take rather more than three-quarters of a coonkee of bassmuttee or cheeneesuckur and half a coonkee of dal; or, if preferred, take the rice and dal in equal parts.

Take twelve large curry onions and cut them up lengthways into fine slices. Warm up two chittacks or four ounces of ghee (but before doing so be careful to warm the pot), and, while bubbling, throw in the sliced onions, removing them immediately they become of a bright brown colour. Set the fried onions aside, and throw in the dal and rice (having previously allowed all the water in which they were washed to drain through a colander). Fry until the dal and rice have absorbed all the ghee; then add a few slices of green ginger, some peppercorns, salt to taste (say one dessertspoonful), a few cloves, three or four cardamoms, half a dozen bay-leaves, and as many small sticks of cinnamon. Mix well together; add as much water only as will entirely cover over the whole of the rice and dal, put a good-fitting cover on, and set over a slow fire, reducing the same from time to time as the water is being absorbed. Care must be taken not to allow the kitcheeree to burn, which may be prevented by occasionally shaking the pot, or stirring its contents with a wooden spoon.

Serve up quite hot, strewing over it the fried onions, which serve both as a relish and garnish of the dish.

Modern Redaction

The coonkee referred to in this recipe was a scoop for measuring rice. There were two types, large and small. Elsewhere in the book it's noted that it's the 'small' coonkee that is referred to here. A small coonkee of rice weighed 225g (1/2 lb)

Ingredients:

12 large onions, finely sliced lengthways
120g (1/4 lb) ghee
170g (5 1/2 oz) basmati rice, washed and drained
115g (1/4 lb) lentils (dhal), washed and drained
4 slices of fresh ginger

1/2 tsp black peppercorns
salt, to taste
4 cloves
4 cardamom pods, crushed
6 bayleaves
1 cinnamon stick, broken in half

Method:

Heat the ghee in a pan and when frothing, add the sliced onions. Fry, stirring occasionally, for about 8 minutes, or until the onions are nicely browned then remove with a slotted spoon and set aside.

Add the rice and dhal to the pan and stir to coat the grains in the ghee. Add the spices and bayleaves then pour over just enough water to cover the ingredients of the pan. Cover with a tight-fitting lid then place over low heat and cook, shaking the pan from time to time, to prevent burning, for about 30 minutes, or until the rice and lentils are tender and all the liquid has been absorbed.

Serve hot.

Dumpode Goose (Indian Way)

Dumpode Goose (Indian Way) is a traditional Anglo-Indian recipe, based on the 1890s book, *THE INDIAN COOKERY BOOK* for a classic dish of meat-stuffed boned goose cooked in a spiced goose stock base.

This is a traditional Indian recipe redacted from the 1890s volume *THE INDIAN COOKERY BOOK*, published by THACKER, SPINK & CO., CALCUTTA.

Original Recipe

147.—Dumpode Goose (Indian Way)

Take a good fat tender goose; feather, clean, and bone it carefully without destroying the skin; when every bone has been removed, pour into the goose a mixture composed of a dessertspoonful each of mustard, sweet oil, and mixed sauce.

Take all the bones and the giblet, the liver excepted, and make a good gravy seasoned with pepper, salt, soup herbs, and bay-leaves. Mince very fine three pounds of beef, a quarter of a pound of beef suet, a quarter of a pound of fat bacon, and the liver of the goose. Take of chopped garden herbs a tablespoonful, powdered black pepper a dessertspoonful, mixed hot spices finely powdered a dessertspoonful, finely-grated bread-crumbs two tablespoonfuls, salt a dessertspoonful, and essence of anchovies, if liked, one teaspoonful. Mix the above well together, and stuff the goose.

Melt two chittacks and a half or five ounces of ghee; put in the goose, and pour over it the soup made of the bones and giblet, and allow it to stew until quite tender; then glaze the goose, as also some boiled turnips, carrots, onions, and potatoes, and serve up hot, surrounded with the vegetables and some English pickles.

Modern Redaction

Ingredients:

1 oven-ready goose, boned
1 dessertspoon prepared mustard
1 dessertspoon groundnut oil
1 dessertspoon curry sauce
1kg (2 lb, 3 oz) beef, finely minced
115g (1/4 lb) shredded beef suet
liver from the goose, finely chopped
1 tbsp mixed herbs, finely chopped
1 dessertspoon freshly-ground black pepper
2 tsp chilli powder
1/2 tsp ground ginger
1/2 tsp ground cardamom seeds
2 tbsp finely-grated breadcrumbs
2 tsp salt (or to taste)
1 tsp anchovy essence
150g (1 1/2 cups) ghee

For the Stock:

giblets and neck from the goose
bones from the goose
salt and freshly-ground black pepper, to taste
1 bunch of mixed herbs

Method:

Take the bones, the neck and the giblets of the goose (except the liver) and place in a pan with the mixed herbs. Season to taste with salt and black pepper, pour over 2l (4 cups) water, bring to a simmer and cook for about 80 minutes, or until you have a good stock.

In the meantime, mix together the mustard, groundnut oil and curry sauce. Use this to brush the inside of the goose. In a bow, mix together the minced beef, shredded beef suet, chopped goose liver, chopped herbs and ground spices with the breadcrumbs. Season to taste then work in the anchovy essence. Use this mixture to stuff the goose.

Melt the ghee and pour into the goose then sew the openings closed. When the stock has cooked sufficiently, place the goose in a roasting tin, strain the goose bone stock, pour over the goose, cover the pan and transfer to an oven pre-heated to 180ºC (360ºF) and bake for about 90 minutes, or until the goose is thoroughly cooked through.

Serve hot accompanied by pickles and boiled vegetables.

Fish Mooloo

Fish Mooloo is a traditional Indian recipe, based on the 1890s book, *THE INDIAN COOKERY BOOK* for a classic dish of fried fish served with a spiced coconut milk gravy.

This is a traditional Indian recipe redacted from the 1890s volume *THE INDIAN COOKERY BOOK*, published by THACKER, SPINK & CO., CALCUTTA.

Original Recipe

114.—Fish Mooloo

Fry the fish and let it cool. Scrape a cocoanut, put a teacupful of hot water into it, rub it well, strain it and put aside; then put two spoonfuls more of water; strain this also; cut up three or four green chilies, and as many onions as you like, with half a garlic. Fry them with a little ghee, and whilst frying put the last straining of the cocoanut water in with the ingredients till it is dry; then add the first water of the nut, and pour the whole over the fish, with some vinegar, ginger, whole pepper, and salt to your taste.

Modern Redaction

Ingredients:

500g (1 lb) fish fillets
finely-grated flesh from 1 coconut
300ml (1 1/4 cup) hot water
2 tbsp hot water
4 green chillies, finely chopped
3 onions, finely sliced
1 garlic clove, finely sliced
60ml (1/4 cup) ghee
60ml (1/4 cup) vinegar
1/2 tsp ground ginger
1/2 tsp black peppercorns
salt, to taste

Method:

Heat oil in a pan, add the fish fillets and fry for about 6 minutes per side, or until cooked through and golden brown all over. Remove from the pan and set aside to keep warm.

In the meantime, place the grated coconut flesh in a bowl and pour over the cup of hot water. Rub and squeeze well with your hands then turn into a sieve and allow to drain. Squeeze the pulp with your hands to extract more of the milk. Set this milk aside.

Turn the pulp back into a bowl and add the 2 tbsp hot water. Mix well with your hands then turn the pulp back into the sieve and allow to drain into another bowl. Squeeze well with you hands to extract as much liquid (coconut cream) as possible. Set this aside as well.

Melt the ghee in the pan used to fry the fish. When the ghee is hot, add the chillies, onions and garlic and fry for about 5 minutes, or until golden brown. Now add the coconut cream and continue frying until almost dry. Pour in the first coconut milk and bring to a simmer. Take off the heat and add the ginger, black peppercorns and salt.

Pour over the fish and serve.

Mulligatawny Soup

Mulligatawny Soup is a traditional Anglo-Indian recipe, based on the 1890s book, *THE INDIAN COOKERY BOOK* for a classic soup of chicken cooked in a spiced shin of beef stock

base.

This is a traditional Indian recipe redacted from the 1890s volume *THE INDIAN COOKERY BOOK*, published by THACKER, SPINK & CO., CALCUTTA.

Original Recipe

108.–Mulligatawny Soup

Take a shin of beef, cut it up small, wash it thoroughly, and boil with pepper and salt in sufficient water to well cover the meat. Let it boil over a brisk fire, taking away the black scum; add a little cold water, and skim off the white scum; then reduce the fire, and allow the soup to simmer until it somewhat thickens; strain the soup, cut away all the fat, season with soup herbs, and add more pepper and salt if necessary. Give it a good boil up, and then clear it with the white of an egg well beaten up, after which add a tablespoonful of Lea & Perrin's Worcestershire sauce, and half a wineglassful of sherry.

Prepare a shin of beef soup as above, omitting the sauce, wine, and white of egg; set the soup aside. Take a full-sized curry chicken; cut it up into sixteen or eighteen pieces, and wash them thoroughly. Warm a pot and melt it into two chittacks or four ounces of ghee; fry in it some finely-sliced onions, and set aside. Then fry in the melted ghee the following condiments, &c.:— Four teaspoonfuls of ground onions, one teaspoonful of ground turmeric, one teaspoonful of ground chilies, half a teaspoonful of ground ginger, a quarter of a teaspoonful of ground garlic, half a teaspoonful of roasted and ground coriander-seed, and a quarter of a teaspoonful of roasted and ground cumin-seed.

Sprinkle a little water over these while frying; then add the cut-up chicken with two teaspoonfuls of salt. When nearly brown, add one chittack or two ounces of roasted and ground poppy-seeds; pour in the beef soup, add the fried onion and half a dozen of the kurreah fool leaves, close the pot, and allow the whole to simmer over a slow fire until the chicken be perfectly tender. Serve up hot, with limes cut in slices on a separate plate.

Modern Redaction

Ingredients:

For the Beef Stock:

- 1 shin of beef, meat cut into small pieces
- salt, to taste
- 1 tsp black peppercorns
- 2 tbsp herbs, finely chopped

For the Soup:

- 1 oven-ready chicken, cut into 16 serving pieces
- 120g (4 oz) ghee
- 2 onions, finely sliced
- 4 tsp onions, ground or pounded to a paste
- 1 tsp ground turmeric
- 1 tsp ground chillies
- 1/2 tsp ground ginger

1/4 tsp ground garlic
1/2 tsp roasted and ground coriander seeds
1/4 tsp toasted and ground cumin seeds
1 1/2 tsp salt
60g (2 oz) roasted and ground poppy seeds
6 curry leaves
lime wedges, to accompany

Method

For the beef stock, combine the beef and black peppercorns in a pan. Season to taste with salt, then pour over enough water to cover the meat. Bring to a boil and skim away all the scum from the surface. Add 100ml cold water and skim off any more scum. Reduce to a simmer and cook gently for about 40 minutes, or until the stock thickens a little. Turn the resultant soup into a sieve and strain the liquid. Adjust the seasonings to taste and stir in the herbs. Make up to 1.5l (6 cups) with water and set aside.

Melt the ghee in a pan, add the onions and fry for about 6 minutes, or until nicely browned. Remove with a slotted spoon and set aside. Stir the ground onions and spices into the ghee remaining in the pan and fry until browned and aromatic. Add the chicken pieces when nearly browned sprinkle over a little water and stir in the ground poppy seeds.

Pour in the beef soup and add the fried onions back to the pot along with the curry leaves. Cover with a tight-fitting lid and stew gently for about 60 minutes, or until the chicken pieces are completely tender. Serve hot, ladled into warmed soup bowls and accompanied by lime wedges.

Mung Dhal

Mung Dhal is a traditional Indian recipe, based on the 1890s book, *THE INDIAN COOKERY BOOK* for a classic dish of boiled mung beans that's finished by frying in oil with onions.

This is a traditional Indian recipe redacted from the 1890s volume *THE INDIAN COOKERY BOOK*, published by THACKER, SPINK & CO., CALCUTTA.

Original Recipe

90.–Moong Dal

Half an anna's worth of any dal will suffice for a party of four. The condiments are as follow:--Three-quarters of a chittack of ghee, four teaspoonfuls of ground onions, one teaspoonful of ground chilies, half a teaspoonful of ground turmeric, half a teaspoonful of ground ginger, a quarter of a teaspoonful of ground garlic, one teaspoonful and a half of salt, and half a dozen onions cut into six or eight slices each.

Take half a pound of the raw dal, or say half a cupful; clean, pick, and roast it; mix it up with all the ground condiments and salt, put into a pot, pour water over the whole, some two inches above the dal, and boil it well, until the dal has quite dissolved. Be careful not to disturb it while in the process of boiling, but allow it to cake as it were en masse. When thoroughly boiled, churn the dal by twirling it in a wooden instrument called a ghootnee; then warm the ghee in a separate pot, fry the onions, chop them, and throw into the churned dal, after which pour the

dal into the pot of melted ghee, and keep stirring until the dal and ghee have well mixed; then put the cover on, and allow to simmer over a slow fire for about a quarter of an hour.

N.B.—The standard price of the best roasted moong dal is two annas and a half per seer.

Modern Redaction

Ingredients:

225g (1/2 lb) mung dhal (mung beans)
45g (1 1/2 oz) ghee
4 tsp onions, ground or pounded to a paste
1 tsp ground chillies
1/2 tsp ground turmeric
1/2 tsp ground ginger
1/4 tsp ground garlic
1 tsp salt
6 onions, cut into 8 slices each
2 onions, finely sliced

Method:

Wash and pick over the beans then set aside to drain. Once dry, heat a dry frying pan and when hot, add the beans and toast for a few minutes. Turn into a pan and mix will all the remaining ingredients (except the ghee). Pour in enough water to come 5cm above the level of the beans.

Bring to a boil, reduce the heat slightly, cover the pot and cook for about 40 minutes, or until the beans have completely broken down. Stir the bean mixture with a wooden spoon, remove the lid and continue cooking until well thickened.

Melt the ghee in a separate pan, add the onions and fry for about 6 minutes, or until nicely browned. Pour in the cooked beans and stir until well combined. Simmer gently for about 15 minutes more then serve.

Red Saag and Omra

Red Saag and Omra is a traditional Indian recipe, based on the 1890s book, *THE INDIAN COOKERY BOOK* for a classic dish of red amaranth greens and sour plums cooked in a spiced base.

This is a traditional Indian recipe redacted from the 1890s volume *THE INDIAN COOKERY BOOK*, published by THACKER, SPINK & CO., CALCUTTA.

Original Recipe

82.–Red Saug and Omra

Half an anna's worth of any saug will suffice for a party of four, for curries made of greens, such as spinach, &c. The following condiments, &c., are used:—One chittack and a half of mustard oil, four teaspoonfuls of ground onions, one teaspoonful of ground chilies, half a teaspoonful of ground turmeric, a quarter of a teaspoonful of ground garlic, one teaspoonful and a half of ground salt, and one cupful of water.

The omra should be peeled, and half fried if large. Great care must be taken to thoroughly clean and wash the greens. Put them into a colander and allow all the water to drain away. Then warm the oil, and fry the ground condiments; then the saug and omra, and when crisp add the water and cook over a slow fire until the greens and omra are tender.

Modern Redaction

The red saag in this recipe is red amaranth greens, you can substitute spinach or rapeseed greens. The omra took longer to track down, but it appears to be a sour plum, the hog's plum.

Ingredients:

400g (1 lb, scant) red saag (red amaranth greens) or spinach or rapeseed greens, thoroughly washed and drained
100g (4 oz) omra (hog's plum) or any sour (ie unripe plum), peeled
90ml (6 tbsp) mustard oil
4 tsp onions, ground to a paste
1 tsp ground chillies
1/2 tsp ground turmeric
1/4 tsp garlic, ground to a paste
1 tsp sat
250ml (1 cup) water
ghee or butter, for frying

Method:

Heat ghee or butter in a pan, add the peeled plums and fry for about 6 minutes, or until part-cooked. Remove with a slotted spoon and set aside.

Add the oil to the butter remaining in the pan. When it stops foaming, add the spices and stir-fry for 1 minutes. Chop the red saag and add to the pan along with the plums. Fry until the greens have wilted and are starting to crisp up then stir in enough water to just cover the contents of the pan.

Bring to a simmer, cover the pan and cook for about 40 minutes, or until the sauce is thick and the fruit are tender. Serve hot and be careful of the plum stones.

Seam, Potato, and Peas Chahkee

Seam, Potato, and Peas Chahkee is a traditional Anglo-Indian recipe, based on the 1890s book, *THE INDIAN COOKERY BOOK* for a classic vegetarian curry of broad beans, potatoes and peas cooked in a spiced base.

This is a traditional Indian recipe redacted from the 1890s volume *THE INDIAN COOKERY BOOK*, published by THACKER, SPINK & CO., CALCUTTA.

Original Recipe

75.–Seam, Potato, and Peas Chahkee

Take twenty seams, four new potatoes, and a quarter of a seer of green peas; divide each seam into three pieces, and throw into a bowl of water; divide each potato into four pieces, and

throw into water; shell the peas, wash all thoroughly, put into a colander to drain, and cook with the following condiments:—One chittack and a half of mustard oil, four teaspoonfuls of ground onions, one teaspoonful of ground chilies, half a teaspoonful of ground turmeric, a quarter of a teaspoonful of ground garlic, one teaspoonful and a half of salt, and one cupful of water. Warm the oil, let it bubble well, and fry the ground condiments; when these are quite brown put in the vegetables and salt; let the whole fry, stirring it well; then add the water, and allow it to simmer over a slow fire until the vegetables are quite tender.

N.B.–A cauliflower may be added if required for a change.

Modern Redaction

The seam in this recipe can apply to fresh butter beans or to fresh broad (fava) beans; whichever one is available fresh.

Ingredients:

20 large, fresh beans (butter beans or broad beans), sliced crossways into three pieces each
225g (1/2 lb) fresh green pea pods
4 new potatoes, quartered
90ml (6 tbsp) mustard oil
4 tsp onions, ground to a paste
1 tsp ground chillies
1/2 tsp ground turmeric
1/4 tsp garlic, ground to a paste
1 tsp salt
250ml (1 cup) water

Method:

Pod the peas, wash well and set aside to drain.

Heat the mustard oil in a pan and when hot, use to fry the spices until browned. Add the vegetables and the water, bring to a simmer and season with the salt. Cover the pan and cook for about 20 minutes, or until all the vegetables are tender.

Serve hot.

Sliced Hilsa Fish Fried in Curry Condiments

Sliced Hilsa Fish Fried in Curry Condiments is a traditional Indian recipe, based on the 1890s book, *THE INDIAN COOKERY BOOK* for a classic dish of spiced hilsa fish steaks fried in mustard oil.

This is a traditional Indian recipe redacted from the 1890s volume *THE INDIAN COOKERY BOOK*, published by THACKER, SPINK & CO., CALCUTTA.

Original Recipe

70.–Sliced Hilsa Fish Fried in Curry Condiments

Take two teaspoonfuls of ground onions, one teaspoonful of ground chilies, two teaspoonfuls of salt, half a teaspoonful of ground turmeric, a quarter of a teaspoonful of ground

garlic, and one chittack of mustard oil.

After slicing a hilsa in the manner directed for a curry, and having thoroughly cleaned and washed it with salt, rub into the slices all the ground condiments and the remaining salt, and allow them to remain for at least an hour. Warm the oil, and fry the slices of fish of a very light and bright brown. Serve up hot.

Modern Redaction

Hilsa, also known as Ilish (*Tenualosa ilisha*) is an anadromous fish, living most of its life in the sea and spawning in fresh water. This oily fish is a classic ingredient in Bengali cuisine, though the bony nature of the fish means it needs some dexterity in its eating. Substitute tilapia or similar in the recipe below.

Ingredients:

2 large hilsa (or tilapia), cleaned by the gills then cut into thick steaks
2 tsp onions, ground to a paste
1 tsp ground chilies
2 tsp salt
1/2 tsp ground turmeric
1/4 tsp ground garlic
90ml (6 tbsp) mustard oil

Method:

Pat the fish steaks dry. Combine the spices and salt in a bowl then rub this all over the fish steaks. Set aside to marinate for 60 minutes in the refrigerator.

When ready to cook, heat the mustard oil in a frying pan, add the fish steaks and fry for about 6 minutes per side, or until nicely browned and crisped on the outside and cooked through. Serve hot.

South Asian Curries.

Of course, the heartland of curry is in the South Asian region of the Indian sub-Continent (India, Pakistan, Bangladesh, Sri Lanka) and these countries have already been covered in the main curry chapters. What is covered in this chapter are the remaining countries of South Asia, Nepal, Bhutan and Myanmar.

Buddhist monks first introduced curries to these countries in the 7th century, but the countries have also been influenced by their other neighbours and their own histories.

Nepal

Nepalese cuisine is more similar to the cookery of northeast India, and has been influenced by the cuisines of Myanmar and Tibet. The base of most Nepalese curries consist of onions and Indian-style spices, but they also often contain timur, a local relative of Sichuan pepper that is derived from Tibetan cuisine. Fresh greens such as pumpkin and mustard greens also feature prominently (the use of mustard tips is very common)

Khukura re Pyaj Tareko (Chicken Curry with Onion)

Khukura re Pyaj Tareko (Chicken Curry with Onion) is a traditional Nepalese recipe for a classic curry of chicken in a spiced gravy base that's served garnished with chillies and coriander (cilantro) leaves.

Ingredients:

1.5kg (3 1/4 lb) chicken pieces (a mix of breasts and thighs, for preference)
4 tbsp ghee (clarified butter); or substitute oil
2 green cardamom pods, crushed
3cm (1 in) length of cinnamon stick
4 cloves
1 cassia leaf (or bayleaf)
2 garlic cloves, minced and mashed to a smooth paste
3cm (1 in) length of ginger, peeled and finely grated
salt, to taste
1/2 tsp ground turmeric
3 medium onions, cut into 1cm pieces
1/4 tsp cracked black pepper
1 tsp paprika
1 1/2 tsp garam masala

To Garnish:

1 tsp crushed chilli flakes
4 tbsp fresh coriander leaves

2 mild green chillies, de-seeded and finely sliced

Method:

Remove the skin and bones from the chicken pieces then dice them.

Heat the ghee in a heavy-based pan, and when hot use to fry the cardamom, cloves, cassia leaf and cinnamon for a few minutes, or until they release their aromas. At this point add the chicken and stir-fry until the meat is coloured a nice golden brown all over.

Add all the remaining ingredients (apart from the garnishes) and stir to blend. Continue cooking, stirring frequently, until the onions are a rich golden brown (about 8 minutes). Reduce the heat as the onion colours and continue cooking, stirring frequently, until the chicken is cooked through and the sauce is almost completely dry. Be careful the curry does not burn during the final stages of cooking.

Serve with rice and/or rotis.

Nepalese Mustard Greens Bhutuwa

Nepalese Mustard Greens Bhutuwa is a traditional Nepalese recipe for a classic vegetarian curry of mustard greens in a spiced mustard oil sauce.

Ingredients:

450g (1 lb) mustard greens, washed and shredded
3 dried red chillies
1/2 tsp lovage (jwanu) seeds
1/2 tsp mustard seeds
1/2 tsp cumin seeds
1 tsp whole timur (Nepalese version of Sichuan pepper), or substitute Sichuan pepper
1 tbsp ginger, grated
1/2 tsp ground turmeric
1/2 tsp freshly-ground black pepper
3 tbsp mustard oil (cook 3 tsp mustard seeds in 120ml [1/2 cup] oil until the mustard seeds pop then allow to cool and strain)
1 tsp asafoetida
2 tbsp fresh dill, finely chopped
salt, to taste

Method:

Add the mustard oil to a pan or wok and when hot use to fry the whole spices until they splutter and become aromatic. Stir-in the chillies at this point and stir-fry for about 15 seconds, or until they turn dark. Now add the ginger, black pepper and turmeric and stir fry for about 60 seconds over low heat.

Stir-in the mustard greens and stir-fry for about 2 minutes before seasoning with salt. Increase the heat to high and cook the mustard greens until they have wilted and any excess moisture has evaporated away. Adjust the seasonings, turn into a warmed serving bowl, garnish with the dill weed and serve.

Spiced Lima Beans with Garlic and Coconut

Spiced Lima Beans with Garlic and Coconut is a traditional Nepalese recipe for a classic dish of boiled lima beans served in a coconut, chilli, tamarind and tirphal (Nepalese Sichuan peppercorns) sauce that's served topped with fried garlic.

Ingredients:

250g (10 oz) dried lima beans
400g (1lb, scant) freshly-grated coconut (or 300g [2/3 lb] dried, flaked coconut)
4 dried chillies
2 tsp tamarind pulp mixed with 1 tsp water
salt, to taste
6 tirphal (these are Nepalese relatives of Sichuan peppercorns, substitute Sichuan peppercorns)
2 tsp groundnut oil
2 tsp garlic, finely sliced

Method:

Wash and pick over the beans. Place in a bowl, cover with plenty of water and set aside to soak over night.

The following day, drain the beans, place in a pan, add 600ml (2 1/2 cups) water, bring to a boil, cover and cook for about 50 to 60 minutes, or until tender.

In the meantime, add the chillies to a cup, pour over warm water and set aside to soak for 40 minutes. When the chillies have begun to soften, place in a blender with the coconut and tamarind. Process until smooth, adding enough of the chilli soaking water and/or bean cooking liquid to give you a thick paste.

Season with salt to taste and add the tirphal then blitz. Pour this mixture into the beans, stir to combine and bring to a simmer. Turn into a serving bowl.

Heat the oil in a pan, add the garlic and fry until aromatic then pour over the bean mixture as a garnish. Serve hot.

Lamb Tarkari (Lamb Yoghurt Curry)

Lamb Tarkari (Lamb Yoghurt Curry) is a traditional Nepalese recipe for a classic curry of lamb cooked slowly in a spiced yoghurt base.

Ingredients:

1kg (2 lb, 3 oz) lamb, cut into 3cm (1 in) cubes
200g (4 oz) onions, chopped
1 tsp ground cumin seeds
1 tsp curry powder
1 tsp hot chilli powder
5 dried red chillies
250ml (1 cup) natural yoghurt
250ml (1 cup) stock or water

1 tbsp garlic, finely minced
1 tbsp ginger, finely minced
1 tsp ground turmeric
4 tbsp groundnut oil
salt and freshly-ground black pepper, to taste
2 tbsp coriander leaves, finely shredded, to garnish

Method:

Place the cubed lamb in a large bowl and season liberally with salt and freshly-ground black pepper.

Heat half the oil in a non-stick pan. Add the lamb pieces and fry until nicely browned all over. Remove the meat with a slotted spoon and set aside. Drain the excess fat from the pan and add the remaining oil. When the oil is hot add the whole red chillies and fry for 30 seconds before adding the turmeric and chopped onions. Fry for 30 seconds more then add the ground cumin, curry powder and chilli powder. Stir to combine and fry for 2 minutes more.

Add the browned lamb pieces to the spice mix and stir to combine before adding the yoghurt and stock. Bring to a simmer, reduce the heat and cook gently for about 35 minutes, or until the lamb is cooked through and the sauce has thickened.

Turn into a warmed serving dish, garnish with the shredded coriander leaves and serve immediately, accompanied by boiled rice and rotis.

Aalu Tarkari (Potato Curry)

Aalu Tarkari (Potato Curry) is a traditional Nepalese recipe for a classic vegetarian curry of potatoes cooked in a spiced yoghurt base.

Ingredients:

10 medium-sized potatoes, scrubbed clean, but not peeled
1/4 tsp ground turmeric
2 green chillies, finely chopped
1 garlic clove, finely chopped
120ml (1/2 cup) natural yoghurt
2 tbsp mustard oil
3cm (1 in) length of ginger, finely grated
salt, to taste
4 tbsp shredded coriander leaves, to garnish

Method:

Bring a pan of lightly-salted water to a boil, add the potatoes and boil for about 25 minutes, or until just tender. Drain the potatoes and set aside to cool until they can be handled. Peel the potatoes and dice finely.

Heat the oil in a pan, add the turmeric, chillies and garlic. Stir-fry for 1 minute then stir in the potatoes and yoghurt. Season to taste with salt, bring to a simmer, cover the pan with a tight-fitting lid and simmer gently for 5 minutes.

Turn into a serving dish, garnish with the coriander leaves and serve.

Duck Sukuti

Duck Sukuti is a traditional Nepalese recipe for a classic dish of parboiled duck marinated and air-dried in a curry spice, honey and treacle blend that's cooked slowly over charcoal before serving.

The term 'sukut' in this recipe is actually a corruption of the English 'it's good'.

Ingredients:

1 whole oven-ready duck (about 3kg)
1 tbsp ground cumin
2 tbsp finely-grated ginger, pounded to a paste
1 tsp ground timur (Nepalese Sichuan pepper [substitute Sichuan pepper])
1/2 tsp ground turmeric
salt and freshly-ground black pepper, to taste

For the Marinade Rub:

2 tbsp black treacle (molasses)
2 tbsp honey
1 tbsp red chillies, pounded to a paste
1/2 tsp freshly-grated nutmeg
2 tsp Nepalese meat masala

Method:

Bring 2.5l (6 cups) water to a boil and add the cumin, ginger, timur and turmeric. Season to taste with salt and black pepper then add the duck and boil for 15 minutes, turning the bird frequently.

Remove the duck from the boiling stock then set aside to drain. In a small bowl, work together the honey, treacle, chilli paste, nutmeg and meat masala until smooth and well combined.

Pat the duck dry both inside and out then smear the spice paste all over it (both inside and out). Tie a string around the wings then hang the duck up to marinate and dry for at least 6 hours.

To cook, heat your charcoal barbecue and add the duck at the point furthest away from the grill. Cover with a lid and allow the meat to cook and smoke for about 3 hours, or until thoroughly cooked through and with a crispy skin.

When done, joint the bird into serving pieces and serve accompanied by rice pilaf and mango chutney.

Bhutan

Tshoem is the Bhutanese word for 'curry'. Bhutanese food tends to be very spicy, with liberal use of chillies. Red rice is the staple carbohydrate source (this has a nuttier flavour than ordinary rice). Like Nepal, the cuisine is heavily influenced by Tibetan cuisine and timur (called

locally *thingay;* a relative of Sichuan pepper) is also commonly used in Bhutanese cookery.

Beef and Mushroom Tshoem

Beef and Mushroom Tshoem is a traditional Bhutanese recipe for a classic curry of beef with oyster mushrooms, garlic and onion in a chilli and ginger stock.

Tshoem is the Bhutanese word for 'curry'. In this case it has the same meaning as the original Indian word, representing a thickened sauce or gravy, which is not necessarily either hot or very heavily spiced.

Ingredients:

1 garlic clove, finely chopped
1 onion, finely chopped
2cm (4/5 in) piece of ginger, peeled and grated
120g (3 1/2 oz) unsalted butter
450g (1 lb) stewing steak, cut into 2cm (1 in) dice
120ml (1/2 cup) water
1 tsp salt
2 fresh green chillies, de-seeded and sliced into thin julienne strips
75g (3 oz) fresh oyster mushrooms, stemmed and thickly sliced
freshly-ground black pepper

Method:

Melt the butter in a large pan and use to fry the beef and onion for 3 minutes then add the water and salt. Bring to a boil, reduce to a simmer and cook, covered, over low heat for about 100 minutes, or until the beef is just tender. Now add all the remaining ingredients (add a little more water if the mix is too dry) and cook until the mushrooms are tender and everything is heated through (about 10 minutes).

Serve hot on a bed of rice.

Bhutanese Red Rice

Bhutanese Red Rice is a traditional Bhutanese recipe for a classic dish of red rice cooked with spring onions, mushrooms and carrots that's stir fried then finished in stock before being oven baked and which is typically served as an accompaniment.

Ingredients:

150g (5 1/2 oz) red rice
2 tbsp butter
1/2 bunch spring onions, finely chopped
140g (1 1/2 cups) baby carrots, diced
125g (5 oz) shiitake mushrooms, chopped
1/2 tsp fresh thyme, chopped
3 bay leaves
250ml (1 cup) vegetable stock

salt, to taste

Method:

Wash the rice with plenty of cold water then place in a bowl, cover with warm water and set aside to stand for 30 minutes. Drain the rice and set aside to dry for 10 minutes.

Melt the butter in a pot then stir-in the spring onions and cook for 4 minutes, or until just softened then stir-in the carrots, mushrooms and the rice. Stir-fry for 5 minutes then add the vegetable stock, thyme and bay leaves. Season to taste then bring to a boil before turning into a baking dish.

Cover with a lid or foil and transfer to an oven pre-heated to 220ºC (430ºF). Bake for about 25 minutes, or until the rice is tender and all the liquid has been absorbed. Remove from the oven and allow to stand for 10 minutes before serving.

Jasha Tshoem (Minced Chicken Tshoem)

Jasha Tshoem (Minced Chicken Tshoem) is a traditional Bhutanese recipe for a classic curry of finely-chopped chicken cooked with garlic, onions, tomato and chillies.

Ingredients:

1 whole chicken (about 1.4kg) [or use a mix of breasts and thighs]
2 tbsp vegetable oil
2 garlic cloves, crushed
1 onion, sliced thinly
1 tomato, chopped
3 green chillies, finely chopped
1 tsp salt

Method:

Remove as much of the chicken meat from the bone as possible then chop into small, almost pea-sized, pieces. Transfer the meat to a saucepan and mix in the oil, salt and enough water to cover the meat. Bring to a boil then add the onion and reduce to a simmer. Cook for about 50 minutes, or until the meat is just tender.

Now add the garlic, ginger and chillies and return to a boil (add a little more water if necessary). Cook for a further 10 minutes, or until heated through. Serve hot on a bed of rice.

Chillies with Cheese (Ema Datshi)

Ema Datshi (Chillies with Cheese) is a traditional Bhutanese recipe for a classic dish of chillies boiled with onions served with cheese in a tomato and garlic sauce that's typically served as an accompaniment.

Ingredients:

250g (9 oz) chillies (green medium-hot chillies are traditional), cut lengthways into 4 strips each
1 onion, chopped lengthways

2 tomatoes, diced

250g (9 oz) Feta cheese, crumbled (traditionally a Bhutanese cottage (farmer) cheese would be used)

5 garlic cloves, minced

3 tbsp coriander leaves

2 tbsp vegetable oil

Method:

Combine the chillies, onion and vegetable oil in a pan with 400ml (1 2/3 cups) water. Bring to a boil and cook on medium heat for about 10 minutes then add the tomatoes and garlic and cook for a further 2 minutes. Now add the cheese and cook for 3 minutes more. Stir-in the coriander leaves then secure a lid, turn off the heat and allow to steam for 2 minutes.

Serve immediately as a side dish with rice (red rice is best).

Myanmar

Myanmar (Burma) lies at the cross-roads between and there has been communication and trade between the Indian sub-Continent and East Asia through Burma for centuries. It is believed that Indian Buddhist monks of the 7th century were mainly responsible for introducing curries to Burma, however it has been a centre of trade for so long that this is uncertain. In the main, Burmese curries are a blend of Indian and Thai influences

However, unlike Indian curries (which are often based on fried onions), the base for Burmese curries tends to be fresh onion and it is this that forms the base for the curry gravy. In general, Burmese curries can be generalised into two types — there are hot, spicy, dishes that exhibit north Indian or Pakistani influence, and then there are the milder 'sweet' curries. Burmese curries almost overwhelmingly lack coconut milk, a feature that sets them apart from most Southeast Asian curries.

Myanmar Beef Curry (Ah Mè Thar Hin)

Ah Mè Thar Hin (Beef Curry) is a traditional Myanmar recipe for a classic curry of beef flavoured with fish sauce, caraway leaves, curry powder, chilli and ginger.

Ingredients:

1kg (2 lb, 3 oz) beef, cut into 3cm (1 in) cubes

120ml (1/2 cup) cooking oil

1 tbsp fish sauce

2 tbsp vinegar

1/4 tsp ground turmeric

1 tsp salt

6 onions, thinly sliced

3 garlic cloves, chopped

2 sprigs of caraway leaves

1 tbsp curry powder
1 tsp chilli powder
1 tsp ginger, finely chopped

Method:

Whisk together the salt, ground turmeric, fish sauce and vinegar in a bowl. Add the beef, toss to combine then cover and set aside to marinate for 20 minutes.

In the meantime, add the oil to a wok. When hot, use to fry the sliced onions until crispy. Remove from the oil with a slotted spoon and set aside. Add the garlic, chilli powder and caraway leaves to the oil and fry until fragrant then stir in the beef and add the fried onions. Cover the wok and cook for 10 minutes then add 1l (4 cups) water.

Bring to a boil, reduce to a simmer and cook for about 60 minutes, or until the meat is tender (add more water, as needed).

Now sprinkle the curry powder over the top and stir in to combine. Take off the heat and serve hot, accompanied by coconut rice and a vegetable salad.

Wethani Kyet (Dry Burmese Pork Curry)

Wethani Kyet (Dry Burmese Pork Curry) is a traditional Myanmar recipe for a classic dry curry of pork pieces in a garlic, onion, ginger and oil gravy flavoured with chilli powder and turmeric.

Ingredients:

2kg (4 1/2 lb) loin of pork, boned and with skin removed
20 garlic cloves
3 onions, roughly chopped
100g (3 12 oz) fresh ginger, peeled and roughly chopped
salt, to taste
2 tsp hot chilli powder
2 tbsp vinegar
180ml (2/3 cup) groundnut oil
60ml (1/4 cup) sesame oil
1 tsp ground turmeric

Method:

Slice the pork into 3cm (1 in) cubes and set aside.

Combine the garlic, onions and ginger in a food processor and render to a smooth paste (add a little of the oil, if needed to help this process). Pass the mixture through a fine-meshed sieve (reserve the solids). Add the resultant paste to a wok with the pork cubes, vinegar, chilli powder, salt and half the groundnut oil. Bring the mixture to a boil then reduce to a simmer, cover the wok and cook over low heat for about 90 minutes, or until the pork is tender.

Heat the remaining groundnut oil and sesame oil in another wok. Add the solids from the sieve then stir in the turmeric. Cook for about 10 minutes over low heat (add a little water if the mixture begins to burn). Continue cooking for about 25 minutes, or until all the ingredients are

tender.

When the vegetable mix has cooked, stir in the pork mixture. Mix thoroughly to combine and serve on a bed of white rice.

Chin Baung Kaw (Fried Roselle Leaves)

Chin Baung Kaw (Fried Roselle Leaves) is a traditional Myanmar recipe for a classic dry curry of roselle (hibiscus) leaves cooked in a spiced base with onions, garlic, bamboo shoots and shrimp paste.

Ingredients:

6 bunches roselle (hibiscus) leaves (or substitute spinach)
2 tbsp dried prawns, ground to a powder
1 tsp shrimp paste
5 dried chillies
8 garlic cloves, chopped
2 medium onions, chopped
1/2 tsp turmeric
2 tbsp groundnut oil
150g (6 oz) bamboo shoots, shredded
5 green chillies, sliced into thin rings

Method:

Combine the dried chillies, onions and 2 garlic cloves in a mortar and pound until you have a smooth paste.

Strip the hibiscus leaves from their stems, wash well and set in a colander to drain.

Heat the oil in a wok. When hot stir in the onion paste and the turmeric. Stir fry for 20 seconds then add the hibiscus leaves and stir to combine. Mix the shrimp paste with 1 tbsp of water then stir into the contents of the wok.

Now stir in the bamboo shoots along with the prawn powder and the chopped garlic. Stir well to combine, bring to a simmer and cook gently for about 15 minutes, or until the mixture becomes dry.

Add the sliced green chillies on top and cook for 3 minutes more. Serve immediately.

Si Byan (Burmese Fish Curry)

Si Byan (Burmese Fish Curry) is a traditional Myanmar recipe for a classic curry of fish steaks cooked in a spiced onion and tomato base.

Ingredients:

1kg (2 lb, 3 oz) firm white fish, cleaned, scaled and cut into steaks
3cm (1 in) piece of ginger, minced
2 tsp ground turmeric
60ml (1/4 cup) vegetable oil
3 medium tomatoes, finely diced

3 medium onions, minced
5 garlic cloves, minced
2 tbsp sweet paprika
1 tsp hot chilli powder
2 fresh red chillies
1 1/2 tbsp fish sauce
60ml (1/4 cup) fish stock
salt and freshly-ground black pepper, to taste
1 bunch of coriander

Method:

Place the fish in a large mixing bowl, scatter over the turmeric and season with salt and black pepper. Toss to coat then cover and set aside to marinate for 10 minutes.

Heat the oil in a frying pan, add the onion and fry for about 3 minutes, or until golden brown then add the ginger and garlic. Fry for a few minutes more, or until fragrant then add the paprika, chilli powder and the fish. Fry briskly until the fish is seared on both sides then add the tomatoes and stock.

Bring to a simmer, cover the pan and cook for 5 minutes. Remove the leaves from the coriander stems and set aside. Chop the coriander stems finely and add to the curry. Reduce the heat and simmer gently for about 3 minutes more, or until the fish is cooked through.

Turn into a warmed serving dish, garnish with the coriander leaves and serve accompanied by steamed jasmine rice.

Nga Tha Lout Paung (Sour Fish Curry)

Nga Tha Lout Paung (Sour Fish Curry) is a traditional Myanmar recipe for a classic curry of fish steaks cooked in spiced onion base that's acidified with vinegar.

Ingredients:

500g (1 lb, 2 oz) fish, cleaned and scaled (remove the heads, fins and tails)
1 medium onion, finely sliced lengthways
5 garlic cloves, finely sliced lengthways
1 tsp fresh ginger, finely grated
5 whole black peppercorns
1/2 tsp salt (or to taste)
1 fresh green chill, shredded
vinegar, to taste

Method:

Arrange the fish in the base of a casserole dish and scatter over the onion, garlic, ginger and black peppercorns. Season with salt then arrange the shredded chilli on top of the fish. Pour in just enough vinegar to barely cover the fins.

Secure a tight-fitting lid on top then seal the lid shut with a thick flour and water paste. Place in an oven pre-heated to 115ºC (240ºF) and cook gently for 6 hours (the slow cooking and

vinegar helps soften the fish bones). Serve hot, accompanied by rice.

Fried Brnijal Sambal

Fried Brnijal Sambal is a traditional Myanmar recipe for a classic spiced vegetarian relish or accompaniment of aubergines (eggplants) cooked with prawns and spices in a shrimp paste base.

Ingredients:

6 large aubergines (brinjals)
500g (1 lb) cooked prawns, minced
2 large onions, minced
3 green chillies, minced
1 tsp ground turmeric
1 tsp balachong (shrimp paste)
300ml (1 1/4 cups) cooking oil
6 garlic cloves, cut into thin slices
juice of 4 lemons

Method:

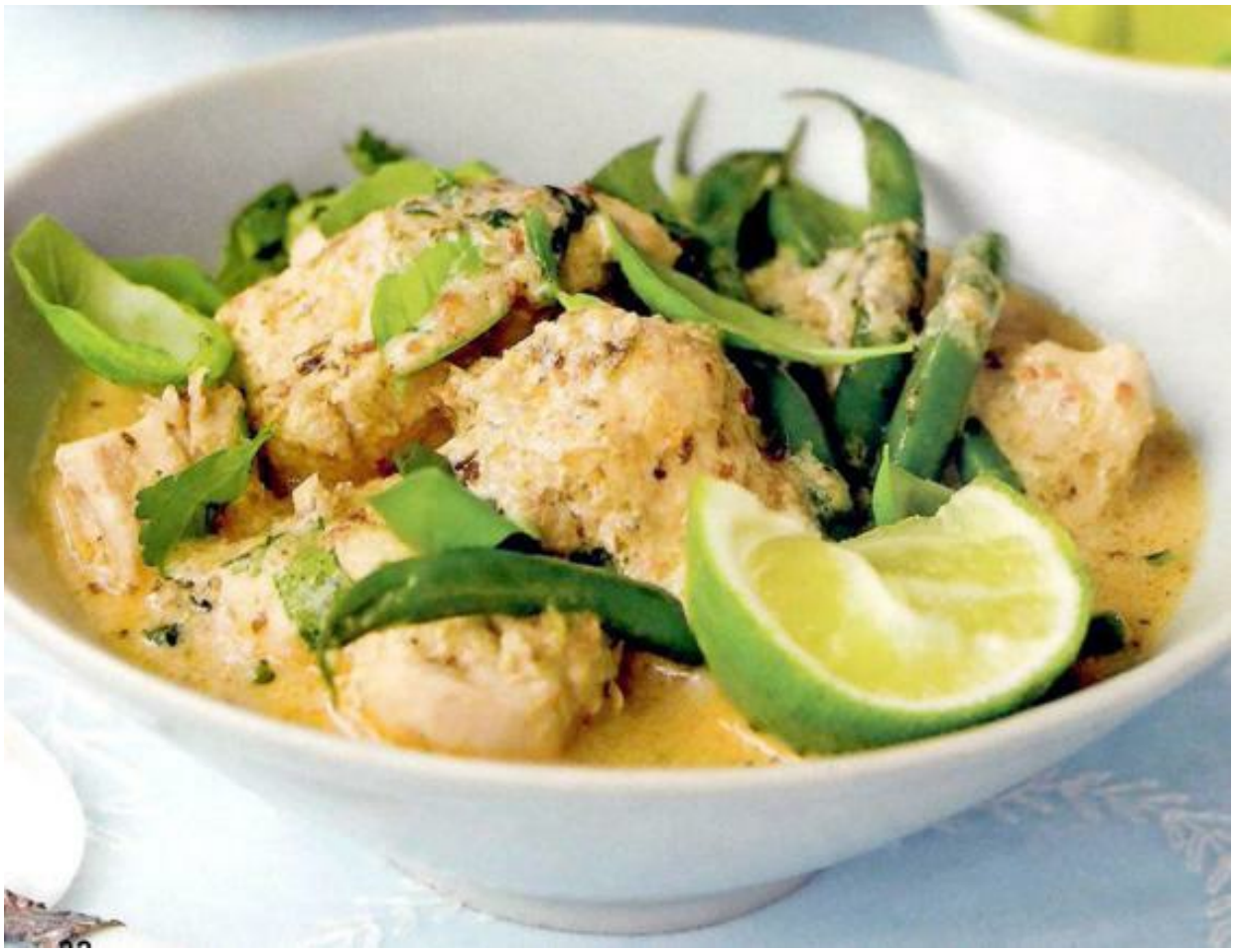
Bring a pan of lightly-salted water to a boil. Add the aubergines and boil for about 30 minutes, or until soft. Drain the aubergines and when they can be handled halve them lengthways, scoop out the flesh, place in a bowl and mash until smooth.

Mix the onions, chillies and prawns in with the mashed aubergine pulp.

Heat the oil in a frying pan, add the garlic slices and fry until browned. Now add the aubergine mixture and fry for about 10 minutes, or until thoroughly cooked. Turn into a serving dish an pour over the lemon juice.

Serve hot with rice, or accompany with puris or naan bread.

Southeast Asian Curries.



There are a range of curries and curry-like dishes throughout the nations of Southeast Asia. In the main, the basic cooking style was introduced by Indian traders, though many of the dishes have evolved separately over time. The most well-know curries of the region are Thai and Malay (where there is a large Indian population)

In this chapter, the curries of each country in the region are examined in some detail.

Laos

In general, Laotian curries are very similar to their Thai counterparts and many of the dishes are shared in common between the two countries. In particular, both cuisines use red curry paste and noodle curry pastes as a base. However, Laotian curries tend to use less turmeric than Thai curries.

Lao curries are often served with glutinous (sticky) rice.

Shin Ngoa Lap (Spicy Beef)

Shin Ngoa Lap (Spicy Beef) is a traditional Laotian recipe for a classic dish of beef coated

in rice flour and cooked in a spiced fish and anchovy sauce.

Ingredients:

3 tsp glutinous rice
450g (1 lb) beef (eg topside), cut into 3 pieces
1 tbsp fish sauce (Nam Pla)
2 tsp anchovy paste (ie anchovy fillets pounded to a smooth paste)
1 tbsp dried galangal soaked in hot water for 1 hour before being finely chopped
1 tbsp coriander leaves, chopped
1 tbsp spring onion (green part only), shredded

To Garnish:

1 red chilli, sliced into fine rings
juice of 1/2 lime

Method:

Fry the rice in a hot, dry, wok or frying pan until brown then transfer to a coffee grinder and grind to a paste. Meanwhile, arrange the beef in a roasting tin and cook in an oven pre-heated to 200ºC (390ºF) for about 15 minutes. Remove from the oven and set aside until cool enough to be handled. Shred the beef into strips and dredge in the powdered rice.

Mix together the fish sauce and anchovy paste in a pan and cook over medium heat until you have a smooth paste. Add the beef along with the galangal, coriander and spring onion and stir well.

Arrange the meat mixture on a warmed serving dish and garnish with the chilli. Squeeze the lime juice over the top and serve.

Glutinous (Sweet) Rice

Glutinous (Sweet) Rice is a traditional Laotian recipe for the classic staple of steamed glutinous rice.

Glutinous rice is the main staple in Laos, Northern Thailand and Cambodia. To cook, it is simply placed in a bamboo steamer and cooked. It is then served in the steamer. If you don't have an oriental steamer (and they're well worth buying) then line a normal metal steamer with muslin or cheesecloth and add your rice to this before cooking.

Ingredients:

50g (2 oz) glutinous rice per person

Method:

Add the rice to a large bowl and cover with water. Set aside to soak for 6 hours then drain.

Add the rice to your steamer then bring the water to a boil in the steamer's reservoir. Add the rice (make certain that the water does not and cannot touch the rice) then cover and steam for about 15 minutes, or until the rice becomes clear and is soft to the touch. Serve hot (note that the longer you soak the rice the less cooking time it will need).

Laj Ntses (Fish Larb)

Laj Ntses (Fish Larb) is a traditional Laotian recipe for a classic dish of finely-minced fish covered in lime juice that's mixed with herbs, spices and sticky rice powder before being served in lettuce leaves.

Ingredients:

1.5kg (3 1/4 lb) fresh fish (eg catfish, snakehead, salmon, trout, striped bass)
juice of 4 limes
75g (3 oz) galangal, minced
1 stalk of lemongrass, tough outer leaves removed and minced
2 hot chillies, minced (or to taste)
100ml (2/5 cup) fresh spearmint, chopped
100ml (2/5 cup) coriander stems and leaves, minced
1 bunch of spring onions, chopped
100ml (2/5 cup) Vietnamese coriander, chopped
100ml (2/5 cup) culantro (saw-leaf herb, duck-tongue), chopped
100g (3 1/2 oz) rau om (rice paddy herb), finely chopped
100g (3 1/2 oz) Thai basil, chopped
4 tbsp Chinese boxthorn (goji berry plant) leaves, chopped
2 tbsp fish sauce
1 1/2 tsp salt
1/2 tsp Sichuan pepper, ground
70g (2 1/2 oz) roast and ground sticky rice
lettuce leaves for serving
fresh herbs, shredded, to garnish

Method:

Clean and fillet the fish then remove the skins. Lay the fish on a large chopping block and use a cleaver to chop the fish meat into as fine pieces as you can. This is easiest done by initially slicing to produce smaller pieces then, by folding the pieces over themselves and chopping.

Place the fish in a non-reactive (glass or ceramic) bowl and pour over the lime juice then toss to mix with the fish. When the mixture is thoroughly combined set aside until the acid in the lime juice cures the fish and it turns opaque. Take the fish, a handful at a time, and squeeze out the excess lime juice then transfer the fish meat to a new non-reactive bowl.

Add the galangal, lemongrass, chillies, mint, coriander, spring onions, Vietnamese coriander, culantro, rice paddy herb, Thai basil and Chinese boxthorn leaves. Now sprinkle over the fish sauce and salt along with the Sichuan pepper and rice flour. Use your hands to toss the mixture.

Arrange the larb mixture on lettuce leaves, garnish with shredded herbs and serve.

Gadang Pit (Red Curry Chicken)

Gadang Pit (Red Curry Chicken) is a traditional Laotian recipe for a classic curry of

chicken meat, green beans, bamboo and aubergines (eggplants) in a coconut milk base with red curry paste.

Ingredients:

2 tbsp vegetable oil
1/2 tbsp red curry paste
1kg (2 lb, 3 oz) chicken meat, cut into bite-sized pieces
1 tsp salt (or to taste)
2 tbsp fish sauce
1 tbsp palm sugar
400ml (14.5 oz tin) coconut milk
4 kaffir lime leaves
115g (1/4 lb) green beans, stringed and cut into 3cm (1 in) lengths
250g (2 cups) sliced bamboo shoots
115g (1/4 lb) aubergines, peeled and cubed
2 spring onions, cut into 2cm (1 in) lengths
250ml (1 cup) holy basil leaves

Method:

Place a wok on high heat, add the oil and when smoking use to stir-fry the red curry paste for 1 minutes. Now add the chicken pieces and stir-fry for 3 minutes.

At this point add the salt, fish sauce and sugar. Stir to combine and continue stir-frying for 3 minutes then add the coconut milk and the kaffir lime leaves. Stir to combine and bring the mixture to a boil then add the beans and bamboos shoots. Stir well once again and cook for 3 minutes more.

Now add the aubergine pieces and bring back to a simmer. Cover the wok and cook gently for 3 minutes more, before adding the spring onions and basil leaves. Stir to combine then turn the curry into a warmed serving dish.

Serve hot accompanied by rice, lettuce and cucumber.

Sancocho

Sancocho is a traditional Laotian recipe for a classic spicy stew of chicken and vegetables cooked in a spicy tomato base.

Ingredients:

1 tsp vegetable oil
90g (3 oz) chicken breasts, diced
90g (3 oz) chicken thighs, diced
100g (3 1/2 oz) onion, chopped
60g (2 oz) celery stalks, chopped
100g (3 1/2 oz) red bell peppers, chopped
3 tsp minced red chillies
2 tsp ground cumin

750ml (3 cups) chicken stock
200g (7 oz) plum tomatoes, chopped
200g (7 oz) fresh pumpkin, cubed
200g (7 oz) sweet potato, peeled and diced
60g (2 oz) corn kernels
2 tbsp coriander leaves, minced

Method:

Heat the oil in a wok over medium-high heat. Add the chicken and stir fry until lightly-browned all over. Remove the chicken with a slotted spoon and set aside.

Add the onion to the wok and stir-fry briskly for about 5 minutes, or until golden brown. Now stir in the celery, bell pepper, chilli and cumin. Stir-fry for 3 minutes more then add the stock, tomatoes, pumpkin and sweet potato. Bring the mixture to a boil, reduce to a simmer then cover the wok and cook gently for about 20 minutes, or until the sweet potato is tender.

Return the chicken to the wok and continue cooking, uncovered, for about 10 minutes, or until the chicken is tender and the sauce has thickened. Turn into a warmed serving dish, garnish with the coriander leaves and serve immediately, accompanied by plain rice.

Khao Pune (Chicken Curry Noodles)

Khao Pune is a traditional Laotian recipe for a classic dish of chicken served with noodles in a curry base.

Ingredients:

1 whole, oven, ready chicken, cut into serving pieces
500g (1 lb) chicken feet (optional)
1 stalk of lemongrass
3 kaffir lime leaves
1 piece dried galangal root
1 tbsp groundnut oil
1 shallot, finely diced
440g (14.5 oz) tin coconut milk
120ml (1/2 cup) noodle curry paste
2 tbsp red curry paste
fish sauce, to taste
2 tbsp palm sugar

For Serving:

rice vermicelli noodles, boiled
cabbage, shredded
beansprouts
long beans, finely sliced
coriander leaves, shredded
spring onions, sliced

Method:

Place the chicken is a large stockpot then add the chicken feet, lemongrass, lime leaves and dried galangal. Pour over enough water to cover the ingredients then bring to a boil. Reduce to a simmer, cover the pot and cook gently for about 40 minutes, or until the chicken is tender.

Remove the chicken pieces and set aside, but continue cooking the stock. As soon as the chicken is cool enough to be handled, strip the meat from the bones. Place the chicken meat in a mortar and pound until the chicken is thoroughly shredded (do not over-pound, or you will end up with a paste).

Heat the oil in a wok and use to fry the shallot for about 2 minutes. Stir in the curry pastes and fry for a few minutes more, or until aromatic. Add the coconut milk and bring to a simmer. Strain the chicken stock and add to the contents of the wok with the mashed chicken. Season to taste with fish sauce and stir in the palm sugar. Bring back to a simmer and stir until the sugar has dissolved.

To serve, cook the noodles according to the packet instructions then refresh in cold water. Separate the noodle strands then place a mound in the bottom of a soup bowl (traditionally, a wide 'pho' soup bowl is used). Place a layer of shredded cabbage on top, followed by a layer of beansprouts and long beans. Garnish with coriander leaves and spring onions.

Layer the hot chicken curry sauce over the top and serve.

Thailand

Thai cuisine has a very distinctive style of curry (curries in Thai are known as *kaeng*). They are typically made with a base of chillies, onions or shallots, garlic, and shrimp paste, with other spices and herbs being added to define the type. In the West several Thai curries are know by their colour (red, green and yellow), with yellow curries being the most similar in character to Indian curries (it relies on ground spices and turmeric).

A few dishes use Indian-style curry powders (*pong kari*) and Thai-style curry powders are now popular throughout Southeast Asia.

Gaeng Khiaw Waen (Green Curry with Pork)

Gaeng Khiaw Waen (Green Curry with Pork) is a traditional Thai recipe for a classic green curry of pork, aubergines and chillies cooked in coconut milk.

Ingredients:

1 batch Thai green curry paste

For the Curry:

300g (2/3 lb) pork shoulder, thinly sliced
3/4 tsp palm sugar
4 green Thai aubergines (eggplants) [ie garden eggs]
50g (2 oz) pea aubergines (baby garden eggs)
1 long red chilli
1 long green chilli

1 tsp Kaffir lime leaves, finely shredded
2 tbsp Thai holy basil leaves, finely shredded
700ml (3 cups) coconut milk

Method:

If using fresh coconut milk separate the milk from the cream and place in tow bowls. If using canned coconut milk don't shake the can before opening then skim the top cream off and place in one bowl before placing the remainder in another (it will be best to thin out the remainder with about 400ml [1 2/3 cups] water).

Heat a wok over medium heat then add 120ml (1/2 cup) of the coconut milk. Bring to a boil and cook until the oil separates out (about 2 minutes). Now stir in the curry paste and mix thoroughly (ensure that you keep stirring and flipping the paste over so that it does not burn). Continue cooking for about 3 minutes, or until the mixture becomes quite fragrant. As the paste dries out and begins to stick to the sides of the pan keep adding more coconut cream a few tablespoons at a time (but ensure that the paste does not burn).

When the paste has finished cooking add the meat and 120ml (1/2 cup) coconut milk. Cook the meat on medium heat for 15 minutes, ensuring that you flip over every minute or two to prevent burning. If the mixture becomes too dry keep adding a little more coconut milk. Towards the end of the cooking time you should see a green film, or oil, begin to rise to the top of the curry.

At this point add the palm sugar and mix thoroughly. Now add the remaining coconut milk and bring the mixture to a rapid boil. Finally add the aubergines along with the chillies and boil for a further 2 minutes. Now add the lime leaves and the basil, take off the heat and serve accompanied with rice.

Gaeng Som (Thai Sour Curry)

Gaeng Som (Thai Sour Curry) is a traditional Thai recipe for a classic curry of fish and vegetables in a chilli, fingerroot and shrimp paste sauce acidified with tamarind paste.

Ingredients:

For the Curry Paste:
70g (2 1/2 oz) small, dried, chillies
1 1/2 tbsp fingerroot, finely chopped
1 tbsp shrimp paste
50g (2 oz) shallots, sliced

For the Curry:
1.5l (6 cups) water
350g (12 oz) white fish, scaled, gutted, and cut into 10 pieces
450g (1 lb) mooli (daikon radish), cut into 1.5cm wide pieces
2 1/2 tbsp palm sugar
60ml (2 oz) Nam Pla (fish sauce)
250ml (1 cup) thin tamarind paste

400g (1 lb, scant) vegetables (any of fine beans, cabbage, watermelon peel, water spinach, cauliflower, green papaya, bamboo shoots etc)

Method:

Soak the chillies in a bowl of warm water until soft (at least 1 hour) then slice into pieces. Transfer to a mortar and smash to a paste then add the fingerroot and shrimp paste. Mash into a paste then mix with the shrimp paste. Pound until smooth, scrape from the mortar and set aside.

For the curry, bring the water to a boil then stir in the curry paste. Boil rapidly for 1 minute then add the raw fish. Boil the fish for 3 minutes then remove from the water with a slotted spoon and set aside. Allow to cool slightly then remove the skin and pound to a paste with a mortar and pestle (or use a blender). Add this fish paste back to the curry.

Now add the mooli and boil for 10 minutes, or until thoroughly cooked. Stir in the palm sugar along with the tamarind paste and fish sauce. Finally add the remainder of the vegetables and cook for 5 minutes, or until soft. Remove from the heat and serve accompanied with rice.

Hor Mok Pla Chawnn Bai-Yaw (Steamed Serpent Head Fish Curry with Indian Mulberry Leaf)

Hor Mok Pla Chawnn Bai-Yaw (Steamed Serpent Head Fish Curry with Indian Mulberry Leaf) is a traditional Thai recipe for a classic dish of a fish, chilli, fingerroot, coconut milk and egg custard that's steamed on a bed of mulberry leaves and finished with a coconut milk and ground rice mix.

Ingredients:

250g (1/2 lb) serpent head fish fillets, finely sliced (or use any firm white fish)
50g (2 oz) chillies, pounded to a paste
20g (3/4 oz) krachai (fingerroot), pounded to a paste
200ml (4/5 cups) coconut milk
1 tsp fish sauce
1 egg
60g (2 oz) Indian mulberry leaves, midrib removed
100ml (2/5 cup) coconut milk
2 tbsp ground rice

Method:

Combine the chilli paste and fingerroot paste in a mortar and pound to combine.

Mix this paste with half the coconut milk in a bowl. Add the fish fillets, cut into thin slices and toss to combine. Now add the remaining coconut milk, a little at a time and season with the fish sauce. Break in the egg and stir thoroughly to combine.

Line the bases of 10 small ramekins with the mulberry leaves. Pour 4 tbsp of the fish mixture into each then place in steamer basket. Steam over boiling water for 15 minutes.

In the meantime, whisk together 100ml coconut milk with 2 tbsp ground rice in a pan. Bring to a boil over low heat, cook for 4 minutes, stirring constantly then take off the heat.

When done, remove the ramekins from the steamer and allow to cool slightly. Add 1 tbsp of

the rice and coconut milk mixture and sprinkle the top with shredded Kaffir lime leaves and shredded chilli.

Return to the steamer, place over boiling water and steam for 3 minutes more. Serve hot.

Kang Ped Pla-dook (Red Curry with Catfish)

Kang Ped Pla-dook (Red Curry with Catfish) is a traditional Thai recipe for a classic curry of catfish, fingerroot, garden eggs and chillies cooked in coconut milk and fish stock flavoured with red curry paste.

Ingredients:

800g (1 2/3 lb) catfish, cleaned and sliced into steaks
3 tbsp red curry paste
2 tbsp fingerroot
2 tbsp Thai birds eye chillies, sliced diagonally
40g (1 1/2 oz) Thai holy basil leaves
100g (4 oz) garden eggs (very small, grape-sized green aubergines [eggplants])
1 tsp sugar
600ml (2 1/2 cups) coconut milk
1/2 tsp sea salt
2 tbsp Nam Pla (fish sauce)
120ml (1/2 cup) fish stock
1 1/2 tbsp groundnut oil

Method:

Heat the oil in a wok over medium-high heat and stir in 180ml (3/4 cup) of the coconut milk and the red curry paste. Cook until the mixture is aromatic and the oil separates out of the coconut milk (about 10 minutes).

Now add the catfish and stir for a few minutes then add the remaining coconut milk and the fish stock. Continue cooking, stirring frequently, for a further 5 minutes, or until the fish is almost done.

Season to taste with the sugar, salt and fish sauce. Add the fingerroot, garden eggs and chillies along with the basil leaves. Stir to combine and bring the soup to a boil. Cook for 2 minutes, or until the garden eggs are done through then take off the heat and turn into a serving bowl.

Serve hot, accompanied by steamed rice.

Thai Mango Fish Curry

Thai Mango Fish Curry is a traditional Thai recipe for a coconut milk based fish curry flavoured with diced mango.

Ingredients:

6 kaffir lime leaves (soaked in warm water if dried)
Grated rind of one lime

2cm (4/5 in) piece of galangal, grated
2cm (4/5 in) piece of ginger, grated
2 medium green chillies, whole
large handful of coriander, chopped
5 sprigs of parsley, chopped
2 sprigs mint, chopped
1 tsp curry leaves (optional)
juice of 2 limes
groundnut oil to fry
2 sticks lemongrass
6 garlic cloves
1 tbsp tamarind paste
1 tsp shrimp paste
1 x 440ml (14.5 oz) tin coconut milk
juice of 1 lemon
1 large mango, diced
12 large king prawns
4 chunky fillets (about 175g [7 oz] apiece) cod/haddock/hake/hoki/monkfish/skate or any other firm fish.

Method:

First make the green chilli paste by placing the kaffir lime leaves, lime zest, galangal, ginger, whole chillies, lime juice, garlic cloves and curry leaves (if using) in a blender. Blitz these to make a smooth paste (if the mixture is too stiff add a little groundnut oil). Next add the tamarind and shrimp pastes along with the coriander, mint and parsley. Blend to form a smooth green paste. This can be prepared beforehand and will keep in the fridge for several hours.

Heat up a wok, add some groundnut oil and pour in the coconut milk and add the lemongrass. Heat this until the coconut milk just splits (about 20 minutes) then add the lemon juice and heat for a further five minutes. Next spoon in the chilli paste (use a little water to get the dregs out). Mix this thoroughly into the coconut milk and cook for five minutes. At this point you can add the diced mango and cook for a further ten minutes, until the mango has almost disappeared into the sauce. At this point remove the lemongrass then add the prawns and mix into the sauce. Finally layer the fish fillets on top and cover the wok with a lid. Cook for about ten minutes until the fish is just done.

Spoon the curry into a large bowl and layer the fish on top. Garnish with freshly-chopped coriander leaves and serve with a large bowl of Thai fragrant rice (also known as Jasmine rice).

Massaman Nuea (Beef Masaman Curry)

Massaman Nuea (Beef Masaman Curry) is a traditional Thai recipe for a classic lightly-spiced curry of beef cooked in coconut milk with herbs and spices.

Ingredients:

For the Beef:

1kg (2 lb, 3 oz) beef, sliced into large chunks
1 tsp fresh ginger, grated
500ml (2 cups) coconut milk
2 tbsp fish sauce

120ml (1/2 cup) massaman curry paste

To Finish:

2 tbsp vegetable oil
500ml (2 cups) coconut cream
2 cardamom leaves
1 tbsp whole green cardamom pods
3cm (1 in) piece of cinnamon
150g (1/3 lb) peanuts
5 shallots, peeled
4 tbsp palm sugar
1 tbsp tamarind pulp mixed with 80ml warm water, set aside for 20 minutes then passed through a fine-meshed sieve
2 tbsp fish sauce

Method:

Place the beef in a bowl then pour over the ginger, coconut milk and fish sauce. Toss to combine then cover and set aside to infused for 30 minutes. After this time, turn the entire mixture into a pan, bring to a simmer and cook for 30 minutes.

In the meantime, prepare the massaman curry paste according to the recipe.

To finish the curry, heat the oil in a wok and stir in the massaman curry paste. Cook for a few minutes, stirring vigorously, then add half the coconut cream and continue cooking, stirring frequently, until the paste has spice paste has dissolved into the coconut cream. Now continue cooking until the oil separates out and forms a layer on top of the spice mix.

Now stir in the remaining coconut cream, bring to a boil and cook for a few minutes, or until the oil separates out once more. Stir in the cardamoms, cardamom leaves, shallots, peanuts, palm sugar, tamarind water and fish sauce. Now add the contents of the beef pot and stir thoroughly to combine.

Bring back to a simmer and continue cooking for a further 20 minutes, or until the beef is very tender. Adjust the seasonings to your desired levels of sweet, salty and sour (add more chillies for heat, but this is not supposed to be a particularly spicy curry).

Serve hot, accompanied by steamed Jasmine rice.

Khanom Jeen Nam Ya (Khanom Jeen Noodles)

Khanom Jeen Nam Ya (Khanom Jeen Noodles) is a traditional Thai recipe for a classic dish of a soup of pounded fish meat and a spice paste cooked in coconut milk with chillies that's served on a bed of rice noodles and is typically eaten for breakfast.

This is a classic example of Bangkok street food, where this noodle dish is the breakfast of

choice for many.

Ingredients:

150g (1/3 lb) fresh fish fillets or 250g (10 oz) fish on the bone (snakehead [*pla chorn*] is typical, but you can substitute catfish or any firm-fleshed freshwater fish)
400ml (1 2/3 cups) coconut milk
1/4 tsp salt (or to taste)
1/4 tsp palm sugar (or to taste)
2 tbsp fish sauce (or to taste)
2 tbsp Nam Ya paste (or 1 tbsp Red curry paste)
600ml (2 1/2 cups) water
2 x 3cm (1 in) lengths of krachai (fingerroot), chopped
2 Thai bird's eye chillies, chopped
400g (1lb, scant) rice noodles

Method:

Combine the coconut milk, salt, palm sugar, fish sauce, Nam Yam paste and water to a pan. Add the fish and bring to a simmer. Cook for about 12 minutes, or until the fish is tender.

Remove the fish from the stock (keep this simmering) then flake the fish and remove any bones. Pound the meat in a mortar then stir this back into the stock. Keep cooking for about 15 minutes longer, or until aromatic.

Pound together the fingerroot and chillies in a mortar then stir this paste into the soup. Season to taste with salt, fish sauce and palm sugar to adjust the balance of flavours and add a little fish stock cube, if desired (most Thai cooks would add this).

In the meantime, cook the noodles, as directed in the packet. Place noodles in the base of a serving bowl, spoon over the soup and serve.

Thai Green Curry of Prawn and Fish

Thai Green Curry of Prawn and Fish is a traditional Thai recipe for a curry of king prawns, white fish and vegetables in a coconut cream sauce flavoured with a traditional green curry paste made from scratch.

Ingredients:

100ml (2/5 cup) groundnut oil
250ml (1 cup) coconut cream
250ml (1 cup) milk
2 tbsp palm sugar (or Demerara)
6 tbsp fish sauce
6 baby aubergines
170g (5 1/2 oz) bamboo shoots
4 green beans
4 French beans (the longer the better)
2 celery stalks

4 Kaffir lime leaves
2 taro stems (taro contains lots of papain, substitute 50g papaya if needed)
12 Thai basil leaves (20 basil leaves)
310g (10 oz) fresh white fish cut into cubes
12 king prawns peeled and de-gutted
4 tbsp crushed peanuts to garnish
small bunch of coriander, chopped, to garnish

For the Curry Paste:
3 cloves garlic
3 small chillies
3 large green chillies, split and de-seeded
2 tbsp galangal, chopped and pounded (or 3 tbsp ginger)
3 coriander roots chopped and pounded
4 kaffir lime leaf or 2 tbsp lime zest
1 stalk lemongrass chopped and pounded
8 shallots
12 chilli leaves (to enhance colour or substitute a bunch of chives)
1/2 tsp ground coriander
1/2 tsp ground cumin
1/2 tsp black pepper
1 tsp shrimp paste

Method:

To make the curry paste: Using a pestle and mortar pound all the chopped fresh ingredients (including the spices) then put into a grinder and blend until smooth.

Place the coconut and groundnut oil into a heavy-bottomed saucepan and bring to the boil.

Split the cream (separate fat from the coconut cream, using the existing oil to assist).

Add the curry paste and fry for a further 12 minutes. Add the crushed kaffir lime leaves and fry until fragrant. Ensure that the ingredients are cooked enough to prevent then from tasting raw.

Add all of the coconut milk, palm sugar and fish sauce then bring to the boil and simmer for 7–10 minutes.

Add the aubergine, bamboo shoots, green beans, French beans, celery, taro stems, basil, fish and prawns. Cook for 10–12 minutes until the fish is done.

To serve, place the curry into a deep bowl. Sprinkle the peanuts and coriander leaves to garnish. Serve with steamed jasmine rice.

Gaeng Ki Lek (Northern Thai Pork and Ki Lek Curry with Fingerroot)

Gaeng Ki Lek (Northern Thai Pork and Ki Lek Curry with Fingerroot) is a traditional Thai recipe for a classic curry of pork and ki lek leaves cooked in coconut milk, with an aromatic curry paste containing chillies, fingerroot, galangal and chillies.

Ingredients:

6 plump garlic cloves, chopped
5 shallots, chopped
10 dried long red Thai chillies, soaked in warm water for 30 minutes, then quartered
5 fresh Thai birds' eye chillies, sliced into 1cm lengths
4 fingers of krachai (fingerroot), scraped and chopped (if using pickled, soak in water for 30 minutes before use)
5cm (2 in) length of galangal, peeled and chopped
4 lemongrass stalks, peeled and finely chopped
600ml (2 1/2 cups) coconut milk
Nam Pla (fish sauce)
1 large bunch of ki lek[1] leaves and flower buds, boiled for 15 minutes, rinsed thoroughly then boiled in fresh water for a further 15 minutes, to remove their bitterness (or, if using pickled leaves, rinse them well)
200g (7 oz) pork, thinly sliced into strips

Method:

In a heavy pestle and mortar, pound together the garlic, fingerroot, galangal, lemongrass and dried chillies to form a smooth paste. Add the fresh chillies and pound lightly (just to bruise).

Add the coconut milk to a wok over medium heat, bring to a boil then reduce to a gentle simmer. Continue cooking until the coconut milk thickens and separates to give up its oil (about 8 minutes). Stir in the curry paste at this point then simmer gently, stirring constantly. After about 6 minutes begin adding the fish sauce, a tablespoon at a time, until the salt balance of the curry is to your taste. Continue cooking until the curry base is thick enough to just coat the back of a spoon.

Now add the pork and stir in the sauce until thoroughly cooked through (about 10 minutes). Finally, stir in the ki lek leaves and buds and cook until warmed through. Serve hot, accompanied by boiled jasmine rice.

Fragrant Coconut Rice

Fragrant Coconut Rice is a traditional Thai recipe for a classic dish of rice cooked in coconut milk that is the classic Thai accompaniment to many meals.

Ingredients:

1 tsp ground cloves
900ml (3 3/4 cups) coconut milk
2 tsp galangal (fresh or dried)
1/2 tsp green peppercorns, crushed
2 tsp lemongrass
200g (7 oz) Long Grain Rice (Preferably Jasmine)
1/2 tsp Nutmeg, freshly grated
1 tsp Sea Salt

Method:

Soak the galangal and lemongrass in hot water for an hour to soften, then mash together. Place the mash in a pan and mix with the coconut milk, sea salt, green peppercorns, nutmeg and cloves. Bring this to the boil, stir in the rice, cover and gently simmer for 12 minutes.

Stir thoroughly and cook covered until all the liquid has been absorbed and the rice tender, about 5 minutes (add a bit more coconut milk if necessary.)

Serve immediately as an accompaniment to a curry, lentil, meat or vegetable dish.

Gaeng Pa-naeng (Panang Curry)

Gaeng Pa-naeng (Panang Curry) is a traditional Thai recipe for a classic curry of beef or pork cooked in coconut cream with Panang curry paste.

Ingredients:

1 tin (440ml [14.5 oz]) coconut cream (or coconut milk)
1 tbsp Kaffir lime leaves, shredded
1/2 tsp palm sugar
500g (1 lb) sliced beef or pork
2 tbsp Nam Pla (Fish Sauce)
1 batch Panang curry paste

Method:

Cut the meat across the grain into slices about 4cm x 12mm x 25mm thick (1 1/2 x 1/2 x 1 in). Heat your wok or pan on medium-high heat then add 1/4 of the coconut cream. Add all the Panang curry paste and mix thoroughly. Fry the paste until aromatic (during this time you want to keep the paste dry, but not too dry so that it burns; keep adding a little more coconut milk when the mixture becomes too dry). Keep stirring as the paste cooks.

Oil should start to split out of the curry and after about 5 minutes the mixture should be very aromatic. Add your meat at this point and stir-fry until cooked (about 6 minutes). Now add the lime leaves and the palm sugar. Keep cooking for a further 4 minutes, or until the meat is soft. The final consistency of the curry should be a thick paste.

Serve on a bed of Thai jasmine rice garnished with shredded lime leaves and a sprig of basil (Thai holy basil, for preference).

Gaeng Karee Gai (Yellow Curry With Chicken)

Gaeng Karee Gai (Yellow Curry With Chicken) is a traditional Thai recipe for a classic curry of chicken and tomatoes with onions and carrots cooked in a coconut milk base flavoured with turmeric-based yellow curry paste.

Ingredients:

250g (9 oz) chicken, cubed
600ml (2 1/2 cups) water
4 tbsp yellow curry paste
6 whole star anise
2 cinnamon sticks

400ml (1 2/3 cups) coconut milk
4 tbsp palm sugar (or golden caster sugar)
6 tbsp Thai fish sauce
20 small tomatoes, cut into 2cm cubes
2 white onions, cut into 2cm cubes
30 slices of carrot
3 tbsp groundnut oil

Method:

Place a pan over low heat. Add the groundnut oil and use to gently fry the star anise and cinnamon for 1 minute then add the onion, tomato and yellow curry paste. Stir to combine, bring to a simmer and cook for about 5 minutes, or until the tomatoes begin to break down. At this point add the chicken and stir-fry for about 10 minutes, or until half done.

Now add the coconut milk along with the fish sauce and sugar. Stir until the sugar has dissolved then add the carrot and water. Stir well to combine, bring to a boil, reduce to a simmer and cook for about 8 minutes more, or until the carrot is tender.

Serve hot, accompanied by jasmine rice and cucumber salad.

Cambodia

The Khmer cuisine of Cambodia is one of the world's oldest living cuisines. Today, Khmer cuisine shares much in common with the food of neighbouring Thailand, although it is not as overly reliant on chilli, sugar or coconut cream for flavour; and Vietnam, with whom it shares and adopts many common dishes and a colonial history, both being part of the French colonial empire in Southeast Asia. Curry dishes, known as *kari* show a trace of cultural influence from India (mostly due to the influences of coastal trade).

As a result, what we would think of as 'curries' are a mix of native, Indian-influenced, Thai-influenced and Vietnamese-influenced dishes. A number of these are captured in the recipes given below.

Somlar Mochu Sachko (Sour Beef Stew)

Somlar Mochu Sachko (Sour Beef Stew) is a traditional Cambodian recipe for a classic beef stew flavoured with tamarind, chillies, lemongrass and lime leaves.

Ingredients:

1kg (2 lb, 2 oz) stewing beef, cut into 3cm (1 in) cubes
3 garlic cloves, peeled
2 lemongrass stalks, thinly sliced
5 Kaffir lime leaves, shredded
4 tbsp tamarind paste
1 tbsp turmeric powder
2 tbsp dried galangal (soaked in hot water for 1 hour)
2 hot red chillies

2 tbsp fish sauce (Nam Pla)
2 tbsp vegetable oil
120ml (1/2 cup) water
2 tbsp spring onions (green part only), to garnish

Method:

Combine all the ingredients (except for the beef, fish sauce, tamarind paste, vegetable oil and spring onions) in a food processor or pestle and mortar and render to a smooth paste. With the back of a spoon work the tamarind paste through a fine sieve (discards any remaining solids).

Heat the oil in a wok or pan. Add the tamarind paste and stir-fry for a few seconds then add the puréed ingredients. Now add the fish sauce then stir-in the meat. Fry for a few minutes before adding the water. Bring to a boil, reduce to a simmer and cook, uncovered, for 15 minutes.

Add more water to ensure that the meat is completely covered with a layer of water then cover and simmer for 1 hour, until the meat is tender (add more water as needed).

When ready, transfer to a serving dish and garnish with the onion greens. Serve with rice.

Curry Mouan (Cambodian Chicken Curry)

Curry Mouan (Cambodian Chicken Curry) is a traditional Cambodian recipe for a classic curry of chicken meat cooked in a coconut milk base flavoured with an aromatic spice blend.

Ingredients:

180ml (3/4 lb) groundnut oil, divided

For the Spice Paste:

1 tsp lemongrass, minced
3 large green chillies, shredded
5 garlic cloves, finely chopped
1 large shallot, finely chopped
1 piece of galangal, peeled and chopped
1 cinnamon stick
4 whole star anise
9 cardamom pods
1 small nutmeg
16 black peppercorns
1/2 tsp coriander seeds
1/2 tsp fennel seeds
4 tbsp coriander leaves, finely chopped
250ml (1 cup) water
1/4 tsp ground turmeric
2 tsp shrimp paste

For the Curry:

750ml (3 cups) coconut milk

1kg (2 lb, 3 oz) chicken meat, chopped
1 medium onion, thinly sliced
2 tbsp fish sauce
4 tsp palm sugar (or golden caster sugar)
1 tsp salt
1kg (2 lb, 3 oz) potatoes, peeled and sliced

Method:

Begin with the spice paste. Heat 60ml of the groundnut oil in a wok and when hot add the lemongrass, chillies, garlic, shallot, galangal, cinnamon, star anise, cardamom, nutmeg, black peppercorns, coriander seeds and fennel seeds. Stir fry for 5 minutes then take off the heat and allow to cool slightly. Turn the contents of the wok into a blender or food processor and add the water, coriander, turmeric and shrimp paste. Process until smooth, turn into a bowl and set aside.

Heat the remaining oil in a wok, add the chicken and fry for 2 minutes then add the onion and potato slices. Stir-fry briskly for about 5 minutes, or until golden brown (you will probably need to do this in batches). Stir in the spice paste, along with all the remaining ingredients. Bring to a simmer, cover the pan and cook for 20 minutes.

Serve hot on a bed of rice.

Lemongrass Curry

Lemongrass Curry is a traditional Cambodian recipe for a classic basic curry sauce of coconut milk flavoured with lemongrass and spices that is often used as the base for other curries.

Ingredients:

40g (1 1/2 oz) finely-minced lemongrass
4 garlic cloves, peeled
1 tsp ground galangal (sometimes known as Laos powder)
1 tsp ground turmeric
1 large green chilli, minced
3 shallots, peeled
1l (4 cups) coconut milk
3 kaffir lime leaves
1 tsp shrimp paste (or a pinch of salt)

Method:

Combine the lemongrass, garlic, galangal, turmeric, chilli and shallots in a food processor. Chop finely then add a little coconut milk and render to a smooth paste.

Pour the coconut milk into a wok and bring into a boil. Add the puréed ingredients along with the kaffir lime leaves and the shrimp paste and stir to combine. Bring back to a boil and cook, stirring gently, for 5 minutes.

Reduce the heat to a simmer and continue cooking, stirring frequently, for 30 minutes, or

until the lime leaves are tender and the sauce is thick and creamy.

Remove the leaves and serve accompanied by rice.

Red Curry Cambogee with Meat

Red Curry Cambogee with Meat is a traditional Cambodian recipe for a classic curry of a lemongrass curry base coloured with a chilli paste that's used as a base for a beef and potato curry served garnished with beansprouts and peanuts.

Ingredients:

For the Red Curry Cambogee:

4 dried Thai bird's-eye chillies, broken into pieces
200ml (4/5 cup) boiling water
4 tbsp paprika
2 tbsp vegetable oil
1l (4 cups) Lemongrass Curry (see above)

For the Curry:

350g (12 oz) beef, diced
2 potatoes, peeled and diced
75g (3 oz) peanuts, chopped
100g (3 1/2 oz) beansprouts

Method:

Place the chillies in a small bowl and pour over the boiling water. Set aside to steep for about 15 minutes, or until tender. Tip the chillies (and their soaking liquid) into a blender and add the paprika. Process to a smooth paste.

Heat the oil in a wok and when hot stir in the chilli paste. Sir-fry the mixture until it begins to darken. Take off the heat then stir in enough of this paste into the lemongrass curry base to give it a deep red colour. Pour this mixture into a pan, bring to a boil then reduce to a simmer and cook for about 5 minutes to allow the flavours to blend.

Add the meat and potatoes to the hot curry sauce. Bring back to a simmer, cover the pan and cook gently for about 30 minutes, or until the meat and potatoes are tender.

To serve, place a mound of beansprouts in a bowl, ladle over the curry, garnish with the chopped peanuts and serve.

Curry Trey Ruah (Curried Snapper)

Curry Trey Ruah (Curried Snapper) is a traditional Cambodian recipe for a classic coconut milk fish curry with green chillies that's soured with tamarind.

Ingredients:

4 tbsp groundnut oil
3 large, dried, green chillies, soaked to soften
1 cinnamon stick, broken into pieces

1/2 tsp freshly-grated nutmeg
2 whole star anise
5 cardamom pods
1 stalk of lemongrass
2 tsp coriander leaves, finely chopped
4 cloves garlic (Elephant garlic is traditional)
2 medium shallots, finely chopped
1 tbsp finely-grated galangal
1 tbsp finely-grated ginger
250ml (1 cup) water
2 tsp shrimp paste
1 tsp ground turmeric
360ml (1 1/2 cups) coconut milk
60ml (1/4 cup) tamarind paste
2 tbsp palm sugar (or golden caster sugar)
2 tbsp fish sauce
1 tsp salt
1kg (2 lb, 3 oz) red snapper fillets, chopped
1 small aubergine (eggplant), cubed
115g (1/4 lb) green beans, julienned
6 red birds' eye chillies, sliced into thin rounds

Method:

In a blender, combine 1 tbsp groundnut oil along with the green chillies, cinnamon, nutmeg, star anise, cardamom, lemongrass, coriander, garlic, shallot, galangal, ginger, water, shrimp paste and turmeric. Process until you have a smooth paste.

Heat the remaining oil in a wok and when hot stir in the spice paste. Stir-fry for 2 minutes then add the coconut milk. Bring to a simmer and cook for 3 minutes then add the tamarind paste, sugar, fish sauce and salt. Bring back to a simmer and cook for 4 minutes more.

Now add the fish, aubergine pieces and green beans. Bring back to a simmer, cover with a lid and cook gently for about 8 minutes, or until the fish is tender.

Serve hot, on a bed of rice. Garnish with the sliced birds' eye chillies.

Vietnam

In Vietnam, curries are known as *cà ri*. Typically, they are made from a coconut milk base with chicken and a carbohydrate staple (potato, sweet potato or taro root). They are soupier than Indian curries and typically are served accompanied by a baguette, or on a bed of noodles.

Chicken curry is by far the most common, and the one most typically cooked at home and it's often prepared on the Death anniversary of a family member.

Cà Ri Gá (Chicken Curry)

Cà Ri Gá (Chicken Curry) is a traditional Vietnamese recipe for a classic curry of chicken pieces and vegetables in a coconut milk base with chillies and curry powder that's typically served with French bread.

Ingredients:

2 stalks of lemongrass, hard ends and outer layers removed
1kg (2 lb, 3 oz) bone-in chicken thighs (leave the skin on)
1 medium onion, diced
1 garlic clove, minced
440ml (14.5 oz) tin of coconut milk
500ml (2 cups) chicken stock
2 carrots, scraped and cubed
2 potatoes, peeled and cubed
1 1/2 tbsp fish sauce
1 tbsp palm sugar (or brown sugar)
1 1/2 tbsp curry powder (cari or Malaysian kurma powder or Thai-style curry powder would be good)
2 tsp dried chilli flakes, or dried Birds' eye chillies, pounded in a mortar
1 kaffir lime leaf
coriander leaves (or Thai basil leaves), to garnish

Method:

Bruise the thick white end of the lemongrass then slice as thinly as you can before mincing.

Place a wok over high heat, when hot, add the oil and heat until smoking. Now add the chicken pieces, skin side down and fry for about 3 minutes, or until golden brown then turn over and cook on the other side for about 2 minutes. Remove with tongs and set aside.

Reduce the heat to medium, add the onions and fry for 1 minute then add the garlic and fry for 1 minute more, or until the onions are translucent. Return the chicken to the pan then pour in the coconut milk and chicken stock. Add the lemongrass, fish sauce, sugar, curry powder, chillies and the kaffir lime leaf. Stir to combine then bring the mixture to a boil.

Reduce to a simmer, add the carrots and potatoes and cook, uncovered for 30 minutes, or until the vegetables are tender and the volume of liquid has reduced by half.

Turn the curry into a warmed serving dish, garnish with the coriander leaves or Thai basil leaves and serve with a warm baguette (French bread) [which is the traditional Vietnamese home method] or with steamed rice.

Bo Kho (Spicy Beef Stew)

Bo Kho (Spicy Beef Stew) is a traditional Vietnamese recipe for a classic spicy stew of beef cooked in an annatto oil base with carrots and curry powder.

Ingredients:

1kg (2 lb, 3 oz) stewing beef, sliced into large cubes
6 tbsp groundnut oil (or other cooking oil)

1 large onion, finely chopped
2 tbsp sugar
1 stalk of lemongrass, bruised
100g (3 1/2 oz) carrots, chopped into large pieces
2 tbsp annatto seeds
5 garlic cloves, finely chopped
1 tbsp curry powder (cari)
2 whole star anise
1 tbsp salt
250ml (1 cup) lager-style beer
1 cinnamon stick
2 red chillies, finely sliced
6 tbsp mint leaves, finely shredded

Ingredients:

In a wok, heat half the oil with the annatto seeds and stir-fry until the oil is coloured red from the seeds. Pour into a bowl and set aside to cool then strain the oil free of the seeds.

Combine half this annatto seed oil in a bowl with the onion, half the garlic, salt and sugar. Stir to combine then add the beef and toss to coat. Cover the bowl and set aside to marinate for 40 minutes.

Heat the remaining annatto seed oil in a wok and use to fry the remaining garlic for about 1 minute, or until just soft. Scatter over the curry powder and stir to combine then add the beer and the beef marinade.

Now add the cubes of beef along with the star anise, lemongrass, star anise and cinnamon. Thin the stock with 200ml water and bring the mixture to a boil. Reduce to a simmer, cover the pan and cook gently for about 35 minutes, or until the beef is nearly tender. Add the carrots and cook for about 5 minutes more, or until just tender.

Turn the stew into a serving dish, garnish with the mint leaves and sliced red chillies and serve.

Dau Khuon Xao Lan (Curried Tofu Stir-fry)

Dau Khuon Xao Lan (Curried Tofu Stir-fry) is a traditional Vietnamese recipe for a classic vegetarian curry of deep-fried tofu cooked in a bell pepper, onion and coconut milk base flavoured with curry powder.

Ingredients:

120ml (1/2 cup) good vegetable stock
350g (12 oz) firm tofu, cut into 1cm thick slices
1 1/2 tbsp oil
1 green bell pepper, cut into 6mm wide slices
1 small onion, sliced into thin wedges
1 1/2 tsp curry powder (cari)
60ml (1/4 cup) coconut milk

1/2 tsp chilli flakes (preferably red Thai birds' eyes)
1 tbsp coriander leaves, shredded
4 tbsp chopped peanuts
groundnut oil, for frying

Method:

Take a wok and pour a 1cm depth of oil in the base. When the oil is hot, drop in the tofu slices and fry until golden brown and crisp (about 3 minutes per side) [you will need to do this in batches]. Remove the tofu slices with a slotted spoon and drain on kitchen paper as you cook the next batch.

Drain the wok then add 2 tbsp of the oil back in. Place back on the heat and when the oil is hot add the bell pepper and the onion. Stir-fry the vegetables for 1 minute then scatter over the curry powder and stir to combine. Continue cooking, stirring constantly, for 1 minute more.

Stir in the stock and coconut milk along with the chilli flakes. Gently layer in the tofu slices and bring to a simmer. Cook gently, stirring occasionally, for about 3 minutes or until the tofu is heated through.

Turn into a warmed serving dish, garnish with the coriander leaves and chopped peanuts and serve accompanied by plain rice.

Philippines

There is no great curry culture in the Philippines. Most curries tend to be rather similar, being based on coconut milk flavoured with a spice paste based on shrimp paste. Typically these curries are Indian-inspired and tend to be based on turmeric. In addition, rendang-style dishes have come to the Philippines from Indonesia via Malaysia.

Filipino Fish Curry

Filipino Fish Curry is a traditional Filipino recipe for a classic curry of fish in a spiced coconut milk base flavoured with herbs and fresh and dried spices.

Ingredients:

For the Curry Paste:
4 shallots, cut at a bias into 1cm thick pieces
4 garlic cloves, finely sliced
5cm (2 in) piece of ginger, peeled and finely grated
1 tbsp Bogoong (Filipino shrimp paste)

For the Curry:
3 tbsp groundnut oil
4 small chillies, chopped
20 curry leaves
1 tsp sweet paprika
1 tsp ground turmeric

300ml (1 1/4 cups) coconut milk
60ml (1/4 cup) tamarind paste
600g (1 1/3 lb) firm white fish (hake, monkfish, cod, etc)
1 bunch of snake beans sliced into 4cm lengths (or use French beans)
12 okra, cut into 2cm (4/5 in) lengths

Method:

Combine the paste ingredients in a food processor and chop finely.

Place a wok on high heat, and when hot add the groundnut oil. Stir in the paste and fry for 1 minute then reduce the heat to medium and add the coconut milk, chillies, spices, curry leaves and tamarind paste.

Stir well to mix then bring to a boil before adding the vegetables. Cook for about 5 minutes, or until the vegetables are just done (add hot water if the sauce becomes too thick). Now add the fish pieces and cook for about 5 minutes more, or until they are just cooked through.

Take off the heat, turn into a warmed serving bowl and serve accompanied by rice.

Filipino Chicken Curry

Filipino Chicken Curry is a traditional Filipino recipe for a classic curry of fish and bell peppers in a spiced coconut milk base flavoured with curry powder.

Ingredients:

1kg (2 lb, 3 oz) chicken thighs and legs, cut into serving pieces
1 tbsp Thai-style curry powder
125g (4 oz) red and green bell peppers, sliced into thick strips
600ml (2 1/2 cups) coconut milk
3 medium potatoes, peeled and cubed
4 garlic cloves, minced
1 medium onion, chopped
2 tbsp fish sauce
1/2 tsp freshly-ground black pepper
2 tbsp groundnut oil (or vegetable oil), for frying

Method:

Heat the oil in a wok. When hot add the garlic and onion and stir-fry for 2 minutes. Now add the chicken pieces and stir fry for a few minutes, or until golden brown all over.

Scatter over the curry powder and add the fish sauce. Stir to mix then pour over the coconut milk. Bring the mixture to a boil, reduce to a simmer, cover and cook gently for 10 minutes.

Add the potatoes and sliced bell peppers. Bring back to a simmer, cover the wok again and cook for a further 15 minutes, or until the potatoes are tender.

Season with the freshly-ground black pepper and serve hot with rice.

Filipino Beef Rendang

Filipino Beef Rendang: Originally an Indonesian dish, Malay settlers introduced this dish

into Southern Philippines. It is now popular through out the country.

Ingredients:

1kg (2 lb, 3 oz) beef (eg rump steak), cut into 3cm cubes
2 onions, minced
4 garlic cloves, minced
1 tbsp fresh ginger, minced
4 red Thai birds' eye chillies, minced
120ml (1/2 cup) water
2 tsp ground coriander seeds
2 tbsp tamarind sauce
1 tsp ground turmeric
10 curry leaves
10cm (4 in) length of lemongrass stem, tough outer layers removed
1l (4 cups) coconut milk

Method:

Combine the onions, garlic, ginger, chillies and water in a food processor. Process until you have a smooth paste then combine in a bowl with the beef. Toss to coat then mix in the curry leaves, coriander seeds, turmeric, tamarind sauce and lemongrass. Toss once more to mix then cover and set aside to marinate for at least 30 minutes.

After this time, combine the beef, marinade and coconut milk in a wok or large pan. Bring to a boil, reduce to a simmer and cook, uncovered for 1 hour, stirring occasionally for the first 30 minutes and frequently for the last 30 minutes.

The beef should be very tender by the end and the sauce should be almost dry.

Remove the lemongrass and serve hot, accompanied by rice.

Indonesia

Of the Indonesian archipelago, Sumatra is the region most influenced by Indian cuisine. Sumatra is also the home of the native Indonesian curry, the 'rendang'. In Indonesia, curries are typically called *kari* or *kare*, with chicken and goat meat being the commonest kinds.

There are also local dishes such as *gulai* and *opor* that are heavily influenced by curries, but whose ingredients depend on what is available to cook locally. Like most of Southeast Asia, the curries of Indonesia tend to have a coconut milk base flavoured with a blend of dried and fresh spices.

Beef Rendang

Beef Rendang is a traditional Indonesian recipe for a stew of spiced beef served in a coconut milk sauce — a dish that's effectively an Indonesian version of an Indian curry.

This is a true Indonesian classic, effectively an Indonesian 'curry' (ie a meat dish with sauce). That makes a wonderful accompaniment to Thai Fragrant Rice.

Ingredients:

450g (1 lb) beef loin, thinly sliced
1 tbsp vegetable oil
1 tsp turmeric
1 stick lemongrass, bruised and chopped
3 Kaffir lime leaves
2 hot red chillies, finely sliced
425ml (1 3/4 cups) coconut milk
3 cloves garlic, crushed
1/2 tsp freshly-grated ginger
1 tsp salt
1 bayleaf

Method:

Heat the oil in a casserole dish and add the garlic, turmeric, ginger and lemongrass. Sauté for a few minutes then add the beef, chilli and salt. Fry until the meat has coloured then add the coconut milk and the bayleaf. Bring to the boil, cover and reduce to a simmer until the sauce has thickened (about 20 minutes). Serve with rice.

Nasi Goreng (Fried Rice)

Nasi Goreng (Fried Rice) is a traditional Indonesian recipe for a classic dish of cooked rice fried with onions, garlic, chilli, soy sauce and palm sugar.

Ingredients:

220g (8 oz) cooked and cooled long-grain rice
3 tbsp vegetable oil (for frying)
1 medium onion, finely chopped
2 garlic cloves, crushed and finely chopped
2 tsp chilli powder
2 tsp dark soy sauce
pinch of palm sugar (or dark brown sugar)
salt and freshly-ground black pepper, to taste

Method:

Heat the oil in a wok, add the onion, garlic, and chilli powder and fry for 1 minute. Now stir in the rice, soy sauce and sugar. Adjust the seasonings to taste and stir fry for about 5 minutes, or until heated through.

If the mixture becomes too dry during the cooking process add a little water (or even some beaten egg). Take off the heat, turn onto a large serving plate, garnish and bring to the table.

Kelia Ayam (Chicken Curry)

Kelia Ayam (Chicken Curry) is a traditional Indonesian recipe for a classic and simple curry of chicken cooked in a lightly-spiced coconut milk base.

Ingredients:

8 shallots, peeled and finely chopped
3 garlic cloves
4 candlenuts, chopped
2 tbsp water
600ml (2 1/2 cups) thick coconut milk
1 tsp ground ginger
1 tsp ground hot chillies
1 tsp ground turmeric
1.5kg (3 1/3 lb) chicken, cut into bite-sized pieces
salt, to taste

Method:

Combine the shallots, garlic and candlenuts in a blender and process until smooth. Scrape the paste into a wok and mix in all the remaining ingredients.

Bring just to a boil, reduce to a simmer and cook gently, stirring occasionally, for about 90 minutes, or until the sauce is thick. Adjust the seasoning to taste and serve immediately.

Kari Kambing (Mutton or Goat Curry)

Kari Kambing (Mutton or Goat Curry) is a traditional Indonesian recipe for a classic curry of goat meat or mutton cooked in a coconut milk base flavoured with a blend of fresh spices and curry powder.

Ingredients:

1kg (2 lb, 3 oz) goat meat or curry, cubed
5cm (2 in) length of ginger, peeled and julienned
1 large onion, thinly sliced
10 shallots, thinly sliced
5 garlic cloves, thinly sliced
2 whole star anise
4 cardamom pods, crushed
2 cinnamon sticks
10 curry leaves
2 tbsp Indonesian Island-style Curry Powder
2 tbsp dried chilli paste (dried red chillies, soaked in water and ground to a smooth paste)
coarse sea salt, to taste
300ml (1 1/4 cups) thin coconut milk
300ml (1 1/4 cups) coconut milk
200ml (4/5 cup) coconut cream
1 large potato, peeled and divided into 6 pieces
4 tbsp groundnut oil

Method:

Heat the groundnut oil in your wok. Add the oil and once hot use to stir-fry the onion, shallots, garlic, ginger, salt, curry leaves and the spices. Stir-fry for about 3 minutes, or until the onions begin to colour then add the curry powder and chilli paste. Mix well to combine then add the meat and mix once more. Continue cooking, stirring constantly, until the meat begins to release its gravy. At this point add just enough water to cover the meat.

Bring to a boil and continue boiling for about 50 minutes, or until the meat is very tender. Add the thin coconut milk, bring back to a boil and add the potato pieces. Continue cooking until the liquid has almost completely evaporated away. Now add the normal strength coconut milk. Bring back to a boil and thin with a little water, if needed. Finally stir in the coconut cream and allow to heat through.

Serve hot, accompanied by rice or fried rice and naan breads.

Kari Ayam (Chicken Curry, Indonesia Style)

Kari Ayam (Chicken Curry) is a traditional Indonesian recipe for a classic curry of chicken in a lightly-spiced coconut milk base flavoured with herbs that's a classic of Indonesian cookery.

Ingredients:

1 oven-ready chicken, divided into 8 serving-sized pieces
1 tbsp lime juice (or tamarind juice)
1 tsp salt
3 tbsp vegetable oil
3 shallots, finely sliced
1 star anise
3 cloves
2 cardamom pods
1 stalk of lemongrass, bruised
2 pandan (screwpine) leaves, shredded lengthways and tied together
6 curry leaves
500ml (2 cups) coconut milk (1 1/2 fresh coconuts will give you this)
3 tbsp grated coconut flesh, toasted until brown and pounded in a mortar

For the Spice Paste:

3 candlenuts, toasted
1 tbsp coriander seeds
1 tsp cumin seeds
1 tsp aniseed
1/8 nutmeg, freshly grated
10 red chillies
6 shallots, peeled
3 garlic cloves, peeled
1 tsp fresh turmeric, peeled and finely chopped
2 tsp fresh ginger, finely chopped

1 tsp salt

Method:

Take the chicken pieces and rub all over with the lime juice and salt. Place in a bowl and set aside for 15 minutes.

In the meantime, separately toast the candlenuts, coriander seeds, cumin seeds, aniseed and red chillies in a dry frying pan until aromatic. Turn into a bowl and set aside to cool. Combine the toasted spices with the other spice paste ingredients in a blender or food processor, add a little water and purée to a smooth paste.

Heat the vegetable oil in a wok and when hot use to stir-fry the shallots until golden brown. Stir in the spice paste. Cook for a few minutes, stirring constantly, then add the whole spices, lemongrass, pandan leaves, curry leaves and the marinated chicken pieces.

Cook for a few minutes, to lightly brown the chicken then add the coconut milk and the pounded coconut flesh. Bring to a boil, reduce to a simmer and continue to cook, stirring occasionally, for about 45 minutes, or until the chicken is cooked and the gravy is thick and the oil has separated out.

Serve hot, accompanied by rice.

Gulai Lemak (Beef Spicy Stew)

Gulai Lemak (Beef Spicy Stew) is a traditional Indonesian recipe for a classic curry-influenced dish of beef cooked in coconut milk flavoured with a hot spice paste.

Ingredients:

500g (2 cups) beef, sliced into bite-sized pieces
1 coconut, flesh grated
1.25l (5 cups) boiling water
6 shallots
3 garlic cloves
6 candlenuts
5 red birds' eye chillies
10 red chillies
1/2 tsp coriander seeds
1/2 tsp cumin seeds
2cm (4/5 in) length of fresh turmeric, peeled
salt and freshly-ground black pepper, to taste
2 tbsp groundnut oil, for frying

Method:

Heat a dry frying pan over medium heat and use to separately dry-fry the coriander and cumin seeds for about 1 minute each, or until aromatic.

Place half the grated coconut flesh in a bowl and pour over 250ml (1 cup) boiling water. Allow to cool then squeeze the coconut flesh to extract the milk. Repeat this process four more times, so you end up with about 1.25l (5 cups) coconut milk.

In a blender or food processor, combine the shallots, garlic, candlenuts, chillies, coriander

seeds, cumin seeds, turmeric and the remainder of the grated coconut. Pulse to chop then add a little of the coconut milk and process until you have a smooth, thick, paste.

Place a wok over medium-high heat and add the oil. When hot scrape in the spice paste mix and fry until fragrant. Season to taste with salt and black pepper. Add the beef to the pan and stir to combine. Now pour in the coconut milk, bring to a boil and reduce to a simmer. Cover the pan and cook for about 50 minutes, or until the beef is very tender, the gravy has thickened and the oil has separated from it.

Serve hot with rice.

Opor Ayam (Java Chicken Curry)

Opor Ayam (Java Chicken Curry) is a traditional Indonesian recipe (from Java) for a classic curry-influenced dish of chicken portions cooked in an aromatically-spiced coconut milk base.

Ingredients:

1 tbsp coriander seeds
2 large red chillies, chopped
6 shallots, peeled and chopped
2 garlic cloves
3cm (1 in) length of galangal, peeled and sliced
5cm (2 in) length of ginger, peeled and sliced
1 stalk of lemongrass, trimmed and crushed
3 tbsp groundnut oil
2 cinnamon sticks
5 kaffir lime leaves
1kg (2 lb, 3 oz) chicken legs and thighs (with skin)
600ml (2 1/2 cups) coconut milk
3/4 tsp sea salt (or to taste)

Method:

Toast the coriander seeds in a dry pan until aromatic then place in a mortar and pound to a paste. Combine the coriander in a blender or food processor with the chillies, shallots, garlic, galangal and ginger. Pulse to chop then process to a smooth paste (add a little coconut milk, if needed).

Heat the oil in a wok, when the oil is almost smoking add the spice paste and stir-fry for about 5 minutes, or until golden brown and aromatic. Reduce the heat, add the lemongrass, cinnamon and kaffir lime leaves to the pot. Cook for 1 minute more then move the spice mix to one side of the wok and add the chicken pieces. Increase the heat and turn the chicken until browned.

Now add half the coconut milk, salt and 300ml (1 1/4 cups) water. Stir well to combine, ensuring that you scrape the bottom of the wok. Bring the mixture to a simmer (do not boil), then reduce to a gentle simmer and cook, uncovered for about 45 minutes, or until the chicken pieces are cooked through and tender and the gravy has thickened.

Stir in the remaining coconut milk and allow to heat through. Adjust the seasonings to serve and serve hot, accompanied by rice.

Malaysia

Malaysia lies at the crossroads of the ancient sea-based spice trade. As such, the Malaysian population is a mix of Malays, Chinese and Indians. It was Indian traders who first brought curries to Malaysia, and you will still find classic Indian-style dishes made here. Rendangs came from Indonesia and both styles of curries are popular and made with many regional variants.

Malay curries tend to be based on coconut milk and turmeric, with shallots, ginger, belacan (shrimp paste), chilli peppers, and garlic. In a similar way to Indian curries, tamarind is frequently used as a souring agent.

Malay Chicken Kurma

Chicken Kurma is a traditional Malaysian recipe for a classic coconut milk based curry of chicken breasts with chillies and spices.

Korma (Qorma, Kurma) is a dish originating in Bangladesh that uses milk or yoghurt (or coconut milk) as a base ingredient. Indeed any curry-style dish incorporating coconut milk as a basic ingredient could be considered as a korma, as this version from Malaysia demonstrates.

Ingredients:

4 garlic cloves
6 shallots
4 tbsp Malaysian kurma powder
600g (2 1/2 cups) chicken breasts
250ml (1 cup) coconut cream
500ml (1 cup) thin coconut milk (extracted from 1 coconut, if making fresh)
120ml (1/2 cup) oil
seeds from 4 green cardamom pods
2 star anise
2 red chillies
3cm (1 in) piece of cinnamon stick
3 cloves
3cm (1 in) piece of ginger, peeled
salt, to taste
1 large onion, finely sliced
2 red chillies, split and de-seeded

Method:

Combine 3 shallots and 2 garlic cloves in a food processor chop finely then add the kurma powder and 1 tbsp water. Blend to a smooth paste.

Slice the remaining shallots and garlic then add the oil to a wok and use to fry the sliced

shallots and garlic, along with the spices, until fragrant. Stir-in the kurma powder paste made above and continue frying until the oil separates.

Add the chicken and 250ml (1 cup) water. Bring to a simmer and cook for about 25 minutes, or until the chicken is tender. Pour in the coconut cram and slowly bring to a boil before adding the thin coconut milk.

Season with salt, to taste, and continue simmering gently, over a low flame, until the sauce has thickened. Add the sliced onion and split chillies. Stir to combine then take off the heat and serve on a bed of rice.

Rendang Daging (Malaysian Beef Rendang)

Rendang Daging (Malaysian Beef Rendang) is a traditional Malaysian recipe for a classic aromatic curry of beef served in a chilli, tamarind, coconut cream and soy sauce which is traditionally served with rice or roti bread.

Ingredients:

1.5kg (3 1/3 lbs) beef, cut into bite-sized pieces
2 garlic cloves, minced
3cm piece of ginger, grated
1 tbsp Chinese five-spice powder blended in 2 tbsp water
2 tbsp ground cumin seeds
2 tbsp ground coriander seeds
2 tsp galangal powder (Laos powder)
120g (4 1/2 oz) desiccated coconut (or freshly-grated coconut) toasted in a dry non-stick pan then allowed to cool and pounded in a pestle and mortar
120g (4 1/2 oz) shallots, minced
20 dried red chillies
8 tbsp oil
1 tbsp shrimp paste
2 tbsp tamarind paste
120ml (1/2 cup) coconut cream
1 tbsp soy sauce
1 tbsp palm sugar
1 tsp salt
2 stalks lemongrass, finely sliced

Method:

Cut the beef into bite-sized chunks then combine in a bowl with the garlic, ginger, cumin, coriander, galangal and five-spice powder. Cover and set aside to marinate in the refrigerator over night.

Heat the oil in a wok or pan and use to fry the shallots and dried chillies for about 2 minutes. Add the beef chunks (reserve any marinade) and fry until evenly browned all over then stir-in the tamarind paste and shrimp paste. Stir continually until the meat is covered then remove from the pan with a slotted spoon and set aside.

Add any remaining marinade to the oil left in the wok and stir-fry for 2 minutes then add half the coconut cream and fry until the oil separates. Add the soy sauce, palm sugar and salt and stir to combine before returning the meat to the pan. Now stir-in the toasted coconut and the lemongrass and stir-fry for 10 minutes. Add 500ml (2 cups) water, bring to a simmer then cover and cook for about 45 minutes, or until the meat is tender and the sauce has reduced to 1/3 its volume.

Stir-in the remaining coconut cream and simmer for 5 minutes to heat through. Serve hot, with boiled rice or a roti (Roti Jala [see below] is particularly good).

Roti Jala

Roti Jala is a traditional Malaysian recipe for a classic flatbread made with flour, milk and an egg that's fried to cook and which is traditionally served with curries.

Ingredients:

210g (1 1/2 cups) plain flour
80ml (1/3 cup) water
240ml (1 cup) lukewarm milk
1 large egg
1/2 tsp sea salt
1/2 tsp ground turmeric
a little cooking oil (about 1/2 tsp per roti)

Method:

Beat the egg in a bowl then add the milk and whisk to mix. Sift together the flour, salt and turmeric into a separate bowl then beat-in the water until you have a batter. Now whisk in the egg and milk mixture beat until smooth.

Strain the resultant batter to remove any lumps. Heat about 1/2 tsp oil in a non-stick pan over medium heat. Pour the batter into a Roti Jala mould (or a condiment bottle) and drizzle the batter into the pan. This should be done using a swirling motion extending from the centre of the pan to the edges. Once the surface of the pan has been covered this way repeat the pouring in a diagonal pattern until you have a netting effect.

Allow the roti to cook on one side for 3 minutes then fold in half and in half again, so that you have a wedge shape. Take a large spatula and press down on the roti for 10 seconds then remove from the pan and set aside. Add more oil in the pan and cook more of the batter (the recipe should yield about 12). This makes an excellent accompaniment to Rendang Daging (see above).

Malaysian Beriani

Malaysian Beriani is a traditional Malaysian recipe for a classic biryani-style curry of beef or lamb cooked in coconut milk with spices, chillies and nuts that's served in a ring of rice.

Ingredients:

900g (2 lb) beef or lamb, cut into bite-sized pieces

1 tbsp poppy seeds
1 garlic clove
150g (1/3 lb) shallots, sliced
1 tsp curry powder
2 tsp salt
2 hot chillies
400ml (1 3/4 cups) coconut milk, made from 1/2 coconut (or tinned diluted 50:50 with water)
5cm (2 in) piece of ginger, grated
4 tbsp ghee
5 cloves
5cm (2 in) length cinnamon stick
10 cashew nuts
10 almonds, blanched
450g (1 lb) long-grain rice

Method:

Combine the garlic, ginger, chillies, poppy seeds, cashew nuts and almonds in a coffee or spice grinder and render to a powder.

Add the oil to a wok or pan and use to fry the cloves, cinnamon and shallots for about 6 minutes, or until the shallots have softened. Add the meat, half the salt, the ground ingredients and curry powder. Stir well to combine then cover and cook for 10 minutes.

Add the coconut milk to a separate pan, along with the remaining salt. Wash the rice thoroughly 2 or 3 times then stir into the coconut milk. Bring to a simmer, cover and cook for about 25 minutes, or until the rice is tender and has absorbed all the liquid.

Form a well in the centre of the rice and place the meat mixture in this. Cover and allow to cook for about 20 minutes over a very low fire, or until the meat is tender. Serve hot.

Laksa

Laksa is a traditional Malaysian recipe for a classic breakfast dish of chicken, prawns, noodles and beansprouts cooked in a mix of coconut milk and chicken stock flavoured with laska paste.

Ingredients:

2 chicken breast fillets
1 tbsp groundnut oil
1/2 batch laksa paste
550ml (2 2/5 cups) coconut milk
750ml (3 cups) chicken stock
400g (1lb, scant) medium king prawns (raw), peeled
pinch of salt
500g (1 lb, 1 oz) noodles
100g (3 1/2 oz) beansprouts

a few fresh mint leaves
2 tbsp crisp-fried shallots (to garnish)

Method:

Either fry or poach the chicken until cooked. Once done, remove from the pan and set aside.

Now heat a little oil in a wok over medium-high heat. Add the laksa paste and cook, stirring constantly, for 2 minutes (or until the mixture turns fragrant). At this point stir in the coconut milk and the stock. Bring the mixture to a boil then reduce the heat to a brisk simmer and cook, uncovered, for about 6 minutes.

Add the prawns and continue cooking, stirring occasionally, for a further 2 minutes, or until the prawns start to turn pink. Immediately add the cooked chicken and continue simmering for 2 minutes more, or until the chicken has heated through.

Whilst the laska is cooking place the noodles in a large heat-proof bowl, cover with boiling water and set aside for about 4 minutes to soften. Once the noodles are soft, drain and divide between your serving bowls. Top with a few beansprouts then ladle the laksa over the top. Garnish with a little deep-fried shallots and a few mint leaves then serve.

Sambal Belacan

Sambal Belacan is a traditional Malaysian recipe for a classic spice paste or condiment made from a blend of hot chillies and toasted shrimp paste pounded in a mortar and mixed with lime juice, salt and palm sugar.

This is a classic Malaysian condiment or spice paste made from a base of belacan, the local shrimp paste, with lots of chillies.

Ingredients:

3 large, dried, red chillies (eg cayenne), broken into 3 pieces
1 large green chilli, cut into 3 pieces
10 cili padi (birds' eye chillies)
1 tbsp toasted belacan (shrimp paste)
juice of 3 limes
1 tsp sea salt
1 tsp palm sugar

Method:

Add the dried chillies to a stone mortar and pound hard, until broken into small pieces. Now add the fresh chillies and pound to a paste. As the chillies are mashed up, add the toasted belacan and pound this in (add a little water if the mixture seems too dry).

Once you have a smooth paste, work in the lime juice, salt and palm sugar. Continue working the mixture until the salt and sugar have dissolved.

Turn the mixture into a small bowl and use as a dipping sauce or condiment with rice, fried fish, noodle and fried rice dishes.

Malay Gravy Chicken Curry with White Pumpkin

Malay Gravy Chicken Curry with White Pumpkin is a traditional Malaysian recipe for a classic gravy-based curry of chicken and white pumpkin in a richly-spiced coconut milk base.

Ingredients:

1 oven-ready chicken
1/4 medium-sized white pumpkin
60g (2 oz) ghee or butter
1/2 tsp salt
4 tsp onions, ground to a paste in a mortar
1 tsp ground turmeric
1/2 tsp fresh chillies, ground to a paste in a mortar
1/2 tsp ground ginger
1/4 tsp garlic, ground to a paste in a mortar
250ml (1 cup) coconut cream
2 stalks of lemongrass
4 cloves, ground to a powder
seeds from 4 cardamom pods, ground to a powder
10cm (4 in) length of cinnamon stick, ground to a powder

Method:

Peel the pumpkin and remove any seeds then cut into sixteen pieces. Place in a bowl, cover with water and set aside to soak for fifteen minutes.

Melt the ghee or butter in a pan, add all the ground ingredients and fry until browned. Add the chicken and salt and fry the chicken until nicely browned all over. Drain the pumpkin pieces and add to the pan then pour over the coconut milk and add the lemongrass. Bring to a simmer, cover with a tight-fitting lid and cook gently for two hours, or until the chicken is cooked through and very tender.

Remove the lemongrass, turn into a serving dish and bring to the table.

Ayam Masak Lemak (Chicken in Creamy Coconut)

Ayam Masak Lemak (Chicken in Creamy Coconut) is a traditional Malaysian recipe for a classic curry-style dish of chicken in a spiced coconut milk and cow's milk base.

Ingredients:

For the Chicken:

1 whole chicken (about 1.5kg [3 1/3 lb]), cut into serving-sized pieces
440ml (14.5 oz) tin of coconut milk
250ml (1 cup) whole milk
oil for frying

For the Spice Blend:

1 stalk of lemongrass, outer layers removed and soft inner core, chopped
2 garlic cloves, peeled

5 birds' eye chillies, chopped
5 tbsp groundnut oil
2 tbsp brown sugar
2 tbsp chicken stock powder (or cube, crumbled)
salt, to taste
2 tbsp ground turmeric

Method:

For the spice paste, combine the lemongrass, garlic, chillies and oil in a blender and process until smooth.

Heat oil in a wok and when smoking add the spice paste and fry until tender. At this point, add the chicken, ground turmeric and the coconut milk. Stir to combine, bring to a simmer, cover the pan and cook gently for about 30 minutes, or until the chicken is cooked through. During this time, if the sauce is becoming too dry, add the milk, as needed.

Now stir in the chicken stock powder and sugar. Season to taste with salt, bring back to a simmer and cook for about 10 minutes more, or until the chicken is completely tender.

Adjust the seasonings to taste and serve hot with rice or noodles.

Udang Masak Lemak Nenas (Pineapple Prawn Curry)

Udang Masak Lemak Nenas (Pineapple Prawn Curry) is a traditional Malaysian recipe for a classic curry-prawns and pineapple cooked in a spiced coconut milk base.

Ingredients:

For the Spice Paste:
16 dried red chillies, ends trimmed and soaked in boiling water for 20 minutes
12 shallots
4 garlic cloves
2 candlenuts
2 stalks of lemongrass (remove the outer skins and use the soft inner cores only)
3cm (1 in) length of fresh turmeric
1.5cm (1/2 in) length of fresh galangal
1 tbsp belacan (shrimp paste)

200ml (4/5 cup) groundnut oil
1/2 ripe pineapple, peeled and cut into 3cm cubes
250ml (1 cup) thick coconut milk
12 king prawns (in their shells)

Method:

In a blender, combine all the spice paste ingredients (drain the chillies before adding). Process until smooth (add a little water, if necessary).

Heat the oil in a wok and when hot, add the spice paste and fry until fragrant. Transfer the fried spice paste to a flame-proof casserole and stir in the pineapple chunks and 1l (4 cups)

water. Bring to a simmer and cook for 15 minutes (Add a little water if it looks too thick during this cooking process).

Now stir in the coconut milk, bring back to a simmer and cook for 3 minutes more before adding the prawns. Bring the sauce to a boil and cook for about 4 minutes, or until the prawns are pink and cooked through.

Take off the heat, turn into a warmed serving dish and serve immediately accompanied by rice.

Masak Lemak (Cabbage in Coconut Milk Gravy)

Masak Lemak (Cabbage in Coconut Milk Gravy) is a traditional Malaysian recipe for a classic curry of cabbage cooked in a spiced coconut milk base with shrimp paste and dried prawns.

Ingredients:

1 large onion, finely chopped
5 red chillies (preferably birds' eye), slit down the centre
1 tbsp dried prawns
1 small cabbage, washed and chopped
2 garlic cloves, finely chopped
250ml (1 cup) coconut milk
1 tbsp balachong (shrimp paste)

Method:

Pound the dried prawns in a mortar then work to a smooth paste with the balachong (shrimp paste).

Pour the coconut milk into a pan and add 250ml water. Stir in the shrimp mixture along with the onion and garlic. Bring the resultant mixture to a boil and when boiling briskly add the cabbage. Continue boiling hard for 10 minutes, or until the cabbage is tender but still crisp.

Turn into a serving dish and serve as an accompaniment to curried fish.

Kari Ikan (Fish Curry)

Kari Ikan (Fish Curry) is a traditional Malaysian recipe for a classic curry of fish cooked in a spiced gravy base and which, unusually, is made without coconut milk.

Ingredients:

750g (1 2/3 lbs) fish, cleaned, scaled and cut into steaks
2 tbsp vegetable oil
1 red chilli, sliced into long strips
1 spring onion, cut into 3cm (1 in) lengths
600ml (2 1/2 cups) water
2 garlic cloves, pounded to a paste
10 shallots, peeled and pounded to a paste
1 tbsp (heaped) belacan (shrimp paste)

3cm (1 in) length of ginger, peeled and pounded to a paste
5 red chillies, pounded to a paste
2 stalks of lemongrass, soft cores pounded to a paste
5cm (2 in) length of galangal, peeled and pounded to a paste
2 tsp tamarind juice
salt and freshly-ground black pepper, to taste

Method:

Heat the oil in a wok and when hot use to fry all the pounded ingredients for about 10 minutes, stirring frequently. At this pint stir in the water and bring to a boil.

Now add the fish and tamarind juice then season to taste with salt and black pepper. Reduce the heat to a simmer and cook for about 8 minutes, or until the fish is tender and cooked through.

Turn into a warmed serving dish, garnish with shredded chillies and spring onions and serve accompanied by rice.

Chicken with Spices and Soy Sauce

Chicken with Spices and Soy Sauce is a traditional Malaysian recipe that is a classic example of Nonya cuisine, a blend of Chinese cooking styles with Malay ingredients.

Ingredients:

1 chicken (about 1.5kg [3 lbs]), jointed and cut into 16 serving pieces
3 onions, sliced
1l (4 cups) water
3 garlic cloves, crushed
4 fresh red chillies, sliced thinly (remove the seeds and membranes for less heat)
3 tbsp vegetable oil
1/2 tsp freshly-grated nutmeg
6 whole cloves
1 tsp tamarind pulp, soaked in 3 tbsp warm water
3 tbsp dark soy sauce
fresh green and red chillies, shredded, to garnish
salt and freshly-ground black pepper, to taste

Method:

Arrange the chicken pieces and 1 onion in a pan. Pour over the water (enough to just cover) and bring to a boil. Reduce to a simmer, cover the pan and cook gently for 20 minutes.

In a mortar or food processor, grind or pound the remaining onion, garlic and red chilies to a fine paste. Heat a little of the oil in a wok and cook the paste for about 90 seconds to bring out its flavour.

When the chicken has cooked, remove from the stock (reserve 300ml [1 1/4 cups] of the chicken stock) and add to the spice mixture. Toss well to coat in the spice blend then stir in the nutmeg and cloves. Strain the tamarind juice and add this to the chicken with the soy sauce. Cook

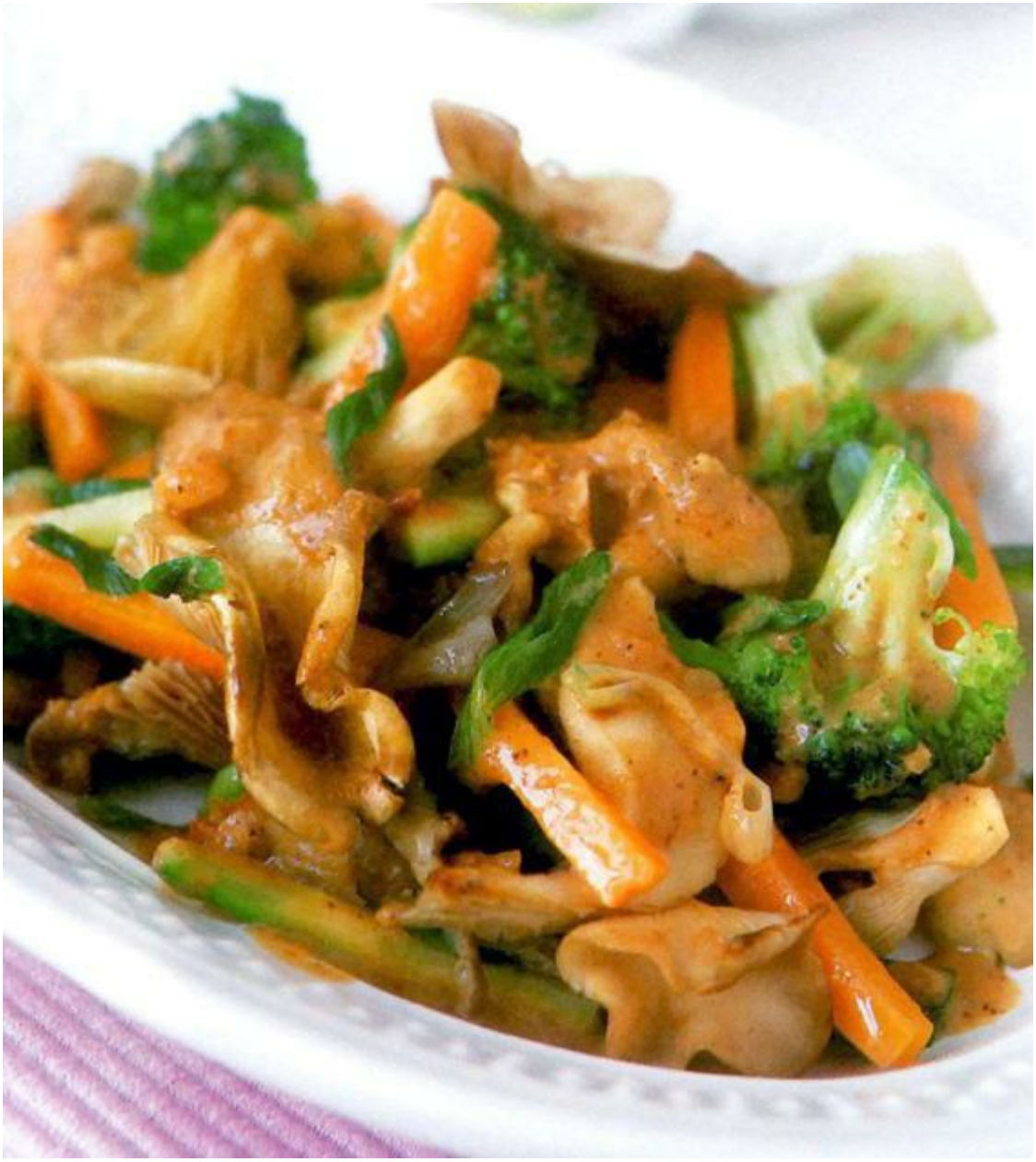
the mixture for about 3 minutes more then add the reserved chicken stock.

Adjust the seasonings to taste then bring to a simmer, cover and cook for about 30 minutes more, or until the chicken pieces are very tender and cooked through.

Serve the chicken in a ring of rice and garnish with the chilli shreds before bringing to the table.

[1] ki lek represents the leaves and flower buds of the kassod tree (*Cassia siamea*).

East Asian Curries.



Surprisingly, curry never really penetrated as far as the countries of East Asia (China, Japan, Korea). Indeed, it was the British who introduced curry to Japan during the in the Meiji era. As a result, curry was categorized in Japan as a 'western' dish. Its spread across the country is commonly attributed to its use in the Japanese Army and Navy which adopted it extensively as convenient field and naval canteen cooking, allowing even conscripts from the remotest countryside to experience the dish. As a result, the base of Japanese curry spice blends is garam masala, but with the unique Japanese addition of allspice, dried oregano and cocoa.

It was the Japanese who brought curries to Korea, so Korean curries are almost identical to their Japanese counterparts.

Curry came into Cantonese Chinese cookery via Malaysia and tends to be quite mild and heavily based on turmeric. Though they may not be 'curries' in the strict sense the hottest recipes

in China come from the Sichuan province and are spiced with chillies and Sichuan peppers. In this respect they resemble the dishes of Nepal and Bhutan.

China

In terms of native curry-like dishes China has the cuisine of Sichuan, with its use of Sichuan peppercorns and chillies. Curries of the Indian style were brought to Hong Kong via Malaysia and Singapore and are a feature of Cantonese cookery, which is familiar to anyone who has frequented a Chinese restaurant or take away. Below I include recipes for restaurant-style and traditional curries as well as a few of the spicier dishes of Sichuan.

Gali Ji Huifan (Chinese Chicken Curry on Rice)

Gali Ji Huifan (Chinese Chicken Curry on Rice) is a traditional Chinese recipe (from Canton) for a classic curry of chicken and vegetables in a slightly spiced stock base thickened with cornflour that's typically served on a bed of rice. This is a classic Cantonese recipe for a mild Chinese-style curry. The curry powder used is dominated by turmeric, which gives the curry its characteristic yellow colour. It was the Cantonese who introduced curry to China, via Malaysia which is why the name, *gā lǐ* is based on the English word, 'curry'.

Ingredients:

3 garlic cloves, smashed with the side of a cleaver and finely sliced
4 slices of ginger, finely shredded
2 onions, cut into 1cm dice
500g (1 lb) chicken breast meat, cut into 1cm dice
4 potatoes, peeled and cut into 1cm dice
2 carrots, scraped and cut into 1cm dice
6 tbsp groundnut oil
3 tbsp Gai Lei Fan (Chinese yellow curry powder)
2 tsp salt
800ml (3 1/3 cups) chicken stock
2 tbsp cornflour (cornstarch)
2 tbsp water

Method:

Place an empty wok over high heat and heat until you can see the heat rising from its surface. Add the oil and swirl to coat the surface of the wok. Heat the oil until almost smoking then add the garlic and ginger. Stir-fry for 1 minute, or until fragrant then add the onion and curry powder.

Stir fry for 2 minutes then add the chicken pieces. Continue stir-frying until the meat is nicely browned then add the potatoes, carrot and salt. Stir to mix and cat in the oil then add the chicken stock.

Bring to a boil, reduce to a simmer, cover the wok and cook for about 12 minutes, or until

the vegetables are tender.

Whisk together the cornflour and water to give a smooth paste. Stir his into the contents of the wok, bring to a simmer and cook until the sauce thickens.

Serve hot, accompanied by plain steamed rice. Typically the curry is served poured over the rice.

Chinese-style Takeaway Curry Sauce

Chinese-style Takeaway Curry Sauce is a traditional Chinese recipe for the classic base curry sauce used in many Chinese restaurants.

This is the curry sauce as served in many of the better Chinese restaurants and takeaways in the US and UK. This one is made from scratch, rather than being the bulk mix many restaurants use. Chinese curry sauces are not typically very hot and often have a lot of turmeric in them, which yields their distinctive colour. This recipe is based on one given to me by a friend who ran a Malay restaurant in London.

Ingredients:

2 tbsp groundnut oil
3 garlic cloves, chopped
1/2 onion, thinly sliced lengthways
3cm length of ginger, peeled and grated or puréed
2 tbsp plain flour
2 tsp hot curry powder (Jalfrezi curry powder, Madras curry powder, Vindaloo curry powder etc)
1 tsp ground turmeric
1/2 tsp sea salt (or to taste)
1/2 tsp chilli powder (or to taste)
1 tsp paprika
600ml (2 1/2 cups) water
2 tbsp tomato purée (optional)

Method:

Mix together the curry powder and plain flour in a cup then set aside.

Heat the oil in a wok and when almost smoking use to fry the garlic and onions for about 4 minutes, or until very lightly browned. Scatter over the flour and curry powder blend. Mix to combine and cook, stirring constantly for 20 seconds. Stir in the salt, paprika, turmeric and chilli powder then work in the water, a little at a time, whisking until smooth.

Bring to a simmer then work in the tomato purée (if using). Return to a brisk simmer and cook until the mixture is thickened to a sauce. Take off the heat.

Either use as a base for a curry (add stir-fried chicken (or prawns), onion, bell peppers and cashew nuts) or pour into a dish and use as a dipping sauce for noodles or chips (french fries). Alternatively it can be served hot on a bed of rice or noodles.

Sichuan Chilli Sauce

Sichuan Chilli Sauce is a traditional Chinese recipe (from the Sichuan region) for a classic hot sauce made from a mix of ginger, onion, chillies, rice vinegar, Sichuan peppercorns and tomato ketchup.

The Sichuan region of China is famous for its hot dishes and this is a classic chilli-based sauce from the area.

Ingredients:

2 tbsp vegetable oil
4 garlic cloves, finely chopped
3cm (1 in) length of ginger, peeled and finely chopped
1 small onion, peeled and finely chopped
6 fresh red chillies, de-seeded and finely chopped
60ml (1/4 cup) Chinese red rice vinegar
1 tbsp sugar
6 Sichuan peppercorns, ground
2 tbsp tomato ketchup
2 tbsp Chinese yellow rice wine
2 tsp salt
water, as needed

Method:

Heat the oil in a wok then add the garlic and ginger and stir-fry for 30 seconds. Add the onion and stir-fry for another minute. Now add the chillies and vinegar and simmer for 10 minutes, adding a little water if the mixture becomes too dry.

Add all the remaining ingredients (except the water), bring to a simmer and cook for 5 minutes more. Remove from the heat and allow to cool. Transfer the mixture to a food processor and pulse to a fine purée. Add a little water if the mixture is too thick.

Transfer the sauce to clean bottles, stopper and store in the refrigerator until needed.

Guai wei ji si (Bang-bang Chicken)

Guai wei ji si (Bang-bang Chicken) is a traditional Chinese recipe for a classic dish of boiled chicken that's de-boned served on a cucumber base and topped with Sichuan peppercorns and a spiced sauce.

Ingredients:

500g (1 lb) chicken meat (skinless thighs, legs and bone-in breasts)
1 cucumber
1 medium carrot, cut into matchsticks
1 tsp toasted Sichuan pepper

For the Sauce:

2 tbsp tahini (sesame seed paste)
3 tbsp soy sauce
1 tbsp rice wine vinegar (red is best)

1 tbsp sesame seed oil
1 tbsp granulated sugar
2 tbsp hot chillies, minced
1 tbsp spring onions (white part only), shredded

Method:

Bring a large pan of water to a boil (there should be enough water to cover the chicken pieces). Add the chicken and continue boiling for about 20 minutes, or until the chicken has turned white and is cooked through. Remove the chicken from the pot with a slotted spoon and set aside to cool.

Once it can be handled, de-bone the chicken and cut into small strips (these should be as thin as possible). Peel the cucumber then slice into thin rounds (these should be the same thickness as the chicken). If desired, you can salt the chicken at this point, but it's not necessary (if salting, you will need to prepare the cucumbers 30 minutes ahead of time, place in a colander, salt them and allow to drain before wiping dry).

For the sauce, combine the tahini, soy sauce, rice wine vinegar, sesame seed oil, sugar and chillies in a bowl.

To serve, arrange the cucumber pieces on a serving dish then arrange the chicken pieces on top. Scatter over the Sichuan peppercorns then pour over the sauce. Garnish with the carrot matchsticks and the shredded spring onions.

Serve immediately.

Spicy and Hot Simmered Fish Fillet

Spicy and Hot Simmered Fish Fillet is a traditional Chinese recipe for a classic dish of fish fillets cooked in a sauce flavoured with black bean sauce, Sichuan peppercorns, chillies, chilli powder, ginger, garlic and caraway leaves.

Ingredients:

500g (1 lb) carp fillets
4 tsp rice wine
1 1/2 tsp sea salt
2 tsp cornflour (cornstarch)
60ml (2 1/2 cups) groundnut oil
1 tsp caraway leaves, finely chopped
2 tsp black bean sauce
50g (1 1/2 oz) dried chillies
50g (1 1/2 oz) Sichuan peppercorns
2 tsp chilli powder
1 tsp chicken stock powder
1 tbsp ginger, grated
2 garlic cloves, finely chopped
1 tsp caraway leaves, shredded

Method:

Whisk together the rice wine, salt, cornflour and 60ml (1/4 cup) water until smooth. Dip the fish fillets in this mixture to coat then set aside to marinate for 10 minutes.

Heat the groundnut oil in a wok, add the dried chillies and Sichuan peppercorns and fry for a few seconds then stir in the black bean sauce and chilli powder. Turn into a bowl and set aside. Add a little more oil to the wok and fry the ginger and garlic until aromatic. Return the black bean mixture to the wok, add about 60ml water and bring to a simmer.

Stir in the caraway leaves and add the fish fillets. Bring to a boil and cook for 5 minutes. Take off the heat and arrange in a serving dish. Garnish with the shredded caraway leaves and serve.

Japan

In Japan curry typically comes in a ready-made paste that you add to your dishes. It was the British who introduced curry to Japan during the in the Meiji era. As a result, curry was categorized in Japan as a 'western' dish. Its spread across the country is commonly attributed to its use in the Japanese Army and Navy which adopted it extensively as convenient field and naval canteen cooking, allowing even conscripts from the remotest countryside to experience the dish. As a result, the base of Japanese curry spice blends is garam masala, but with the unique Japanese addition of allspice, dried oregano and cocoa.

Karē Raisu (Japanese Curry Rice)

Karē Raisu (Japanese Curry Rice) is a traditional Japanese recipe for a classic curry of mixed vegetables, chicken and apple in a lightly-spiced sauce that's thickened with a spiced roux and typically served with sticky rice.

Ingredients:

For the Curry:

- 2 tsp groundnut oil
- 2 large onions, thinly sliced
- 1kg (2 lb, 3 oz) chicken thighs, skinned, boned and cut into chunks
- 2 carrots, scraped and cut into chunks
- 1l (4 cups) water
- 2 large potatoes, peeled and cut into chunks
- 1 small apple, peeled, cored and finely grated
- 2 tsp sea salt
- 1 tsp Japanese curry powder
- 50g (2 oz) garden peas

For the Roux:

- 3 tbsp butter
- 45g (1 1/2 oz) plain flour

2 tbsp Japanese curry powder
1/2 tsp cayenne pepper
freshly-ground black pepper, to taste
1 tbsp tomato purée (or ketchup)
1 tbsp tonkatsu sauce (see the Cutlet Curry with Black Curry Sauce below for how to make this)

Method:

Heat the groundnut oil in a wok or large saucepan over medium-low heat. When hot add the onions and fry for about 20 minutes, or until golden brown and well caramelized.

Increase the heat to high, add the chicken and fry until nicely browned all over. Add the carrots and the water then bring the mixture to a boil. Skim off any scum from the surface then reduce the heat to medium and add the potatoes, grated apple, salt and curry powder. Bring to a simmer, cover and cook for 30 minutes, or until the potatoes and carrots are tender, as tested with the point of a knife.

In the meantime, melt the butter for the roux over medium-low heat. Scatter over the flour, curry powder and cayenne pepper. Season to taste with black pepper and stir into the flour. Add the tomato purée and the tonkatsu sauce and stir to combine.

Continue to cook, stirring constantly, for a coupe of minutes then take off the heat and set aside as the meat and vegetables cook.

When the vegetables are tender, add two ladlefuls of the stock to the roux mixture. Whisk until smooth then pour this mixture back into the curry mix. Bring to a simmer and cook gently until thickened. Add the peas and cook for about 3 minutes more then serve.

Serve with steamed sushi rice or sticky rice.

Karē-pan (Japanese Curry Bread)

Karē-pan (Japanese Curry Bread) is a traditional Japanese recipe for a classic bread-like bun that's stuffed with left-over curry, breaded, deep fried and finished by oven baking.

Ingredients:

For the Dough:
300g (2/3 lb) strong white bread flour
70g (2 1/2 oz) plain flour
1 packet active, dried, yeast
2 tbsp sugar
1 1/2 tsp salt
2 large eggs, beaten (reserve 1 tbsp for egg-wash)
160ml (2/3 cup) milk
40g (1 1/2 oz) butter, softened

For the Filling:
1l (4 cups) left-over curry (as made for Karē Raisu (Japanese Curry Rice)) recipe (above)

For the Coating:

200g (7 oz) dry panko crumbs (or Italian bread crumbs)
milk

groundnut oil for deep frying

Method:

Combine the flours, yeast, sugar and salt in a bowl. Form a well in the centre and add the eggs and the milk. Work the ingredients together until you have a dough then turn onto a floured work surface. Finely chop the flour and work into the dough, a little at a time, as you knead until it's completely incorporated.

The dough will start out very sticky, but do not add too much flour. Use a scraper to bring it together, and as you work it will come together (rather like a brioche dough). When the dough has come together, form into a ball, place in a lightly-greased bowl, cover with clingfilm (plastic wrap) and set aside in a warm place to rise for about 80 minutes, or until doubled in volume. Knock the dough back then re-cover the bowl and set aside to rise for a further 45 minutes.

Whilst the dough is rising, place the curry leftovers in a pan. Use a potato masher or a drilled spoon to mash the chunks of vegetables and meat as small as possible. Bring to a gentle simmer, and cook, stirring frequently, until the volume has reduced by half and the curry mixture is thick and paste-like. Take off the heat, allow to cool then refrigerate until stiff.

When the dough has risen a second time, turn onto a lightly-floured work surface and knock it back. Knead lightly then divide into 10 pieces. Form each piece into a ball and set aside, covered with a damp cloth to rest for 15 minutes.

After this time, take one piece of dough, and using a rolling pin, roll it out into a circle about 18cm in diameter. Roll from the centre to the edge so that it rolls out evenly and the centre is thicker than the edges.

Mix the 1 tbsp reserved egg with 1 tbsp milk and use this to brush the edges of the dough. Put a tablespoon of the chilled curry mixture in the centre of the dough then gather up the opposing edges and fold them over so that they meet in the middle, above the filling (think Cornish pasty).

Pinch the dough all the way around the edges to seal and crimp then push the crimped edge down to one side so that it no longer sticks up in the centre then set aside..

When done, mix 1 tbsp more milk into the remaining eggwash and use this to paint over the surface of the pastries. Roll them in the breadcrumbs to coat, then transfer to a baking tray lined ten 20cm rounds of parchment paper. Place each pastry on its own round of paper and leave enough space for them to expand. Set the buns aside in a warm place to rise for about 15 minutes (they should increase in volume by about 1.5 times).

In the meantime, heat groundnut oil in a wok or deep fryer to 180ºC (360ºC). When the oil is hot, grab the paper beneath one of the buns and drop the bun and paper into the hot oil (if the buns have developed any gaps, pinch these close). Fry the buns until golden brown then remove with a slotted spoon and drain on kitchen paper (fish out and discard the paper). Fry the next batch of buns (you should be able to cook 2 or 3 at a time).

When all the buns are fried, transfer to a baking tray then transfer to an oven pre-heated to

150ºC (300ºF) and bake for about 10 minutes, or until piping hot all the way through.

These can be served either hot or at room temperature. They make and excellent picnic snack. You can also make smaller versions for buffets.

Katsu-Karē (Cutlet Curry with Black Curry Sauce)

Katsu-karē (Cutlet Curry with Black Curry Sauce) is a traditional Japanese recipe for a classic dish of breaded and fried pork (tonkatsu) that's served with rice and topped with a mild vegetable and pork curry that's coloured and flavoured with chocolate.

Ingredients:

For the Tonkatsu Sauce:

230ml (1 cup, scant) mushroom catsup (mushroom ketchup)
2 tsp tomato puree
120ml (1/2 cup) Worcestershire sauce
120ml (1/2 cup) Sake
2 tbsp freshly-grated ginger
2 tbsp crushed garlic
60g (2 oz) sugar
60ml (1/4 cup) Mirin (or sushi vinegar mix)

For the Tonkatsu Pork:

2 pork cutlets
1/2 tsp salt
1/4 tsp freshly-ground black pepper
60g (2 oz) flour
1 egg
120g (4 oz) panko bread crumbs (or white bread crumbs)
olive oil

For the Curry:

2 tbsp groundnut oil
500g (1 lb, 1 oz) pork, cut into 1cm cubes
4 medium onions, finely sliced
350ml (1 2/5 cups) red wine
600ml (2 1/2 cups) water or stock
2 carrots, finely diced
2 large potatoes, cut into 1cm cubes
2 tsp sea salt
1 tbsp tonkatsu sauce (see above)
1 tbsp tomato purée
40g (1 1/2 oz) finely-grated apple
1 black cardamom pod
1 whole star anise

1 tsp mayu (black garlic oil)
40g (1 1/2 oz) fresh peas
60g (2 oz) good-quality dark chocolate (at least 70% cocoa solids)

For the Roux:
3 tbsp butter
45g (1 1/2 oz) plain flour
2 tbsp Japanese curry powder
2 tsp freshly-ground black pepper
1 batch of tonkatsu pork (see above)

Method:

Begin with the Tonkatsu Sauce: Simply place all the ingredients into a saucepan and bring to the boil over medium heat. Reduce to a simmer and stirring occasionally cook for about half an hour, skimming-off any foam that rises to the surface. Allow to cool and use immediately. Alternatively the sauce will keep for up to a month if refrigerated.

For the Tonkatsu Pork: Trim the cutlets of any excess fat the coat with the seasoned flour and dip in the lightly-beaten egg. Coat with the breadcrumbs (use white breadcrumbs if you can't find Japanese panko bread). Heat the oil in a frying pan and when almost smoking add the pork. Fry for a few minutes on either side, until the breadcrumbs are crisp and golden. Transfer to a paper towel to drain.

For the Curry: Heat the oil in a large pan over medium-high heat. Season the pork with salt and black pepper then add to the pan and fry until nicely browned all over. Remove the meat with tongs or a slotted spoon and transfer to a bowl. Reduce the heat and add the onions to the pan. Cover with a lid and sweat for 10 minutes. Take the lid off and continue cooking the onions for about 20 minutes more, or until dark brown in colour.

Add the pork pieces back to the pan along with the wine, water, carrots, potatoes, salt, tonkatsu sauce, tomato purée, grated apple, cardamom and mayu. Bring the mixture to a boil over high heat then reduce to a simmer and cook, partially covered, for about 40 minutes, or until the carrots are very tender.

In the meantime, melt the butter for the roux in a small pan. Scatter over the flour and stir to combine then add the curry powder and black pepper. Stir to combine and cook gently, stirring constantly for 2 minutes before taking off the heat and setting aside.

When the vegetables are tender, pour 2 ladlefuls of the sauce over the roux and whisk until smooth. Add this back to the curry, bring to a simmer and cook, stirring frequently, until the sauce is thickened. Adjust the seasonings to taste. When ready, add the chocolate and the peas. Cook for about 3 minutes, or until the chocolate has melted and the peas are heated through.

To serve, slice the pork, arrange neatly on plates with rice. Spoon the curry over the meat and partially over the rice. Serve immediately.

Korea

The Japanese brought curries to Korea following their occupation of the country during the early

part of the 20th century. As a result, Korean curries, at their heart, are essentially identical to their Japanese counterparts.

Ottogi Karē (Ottogi Curry)

Ottogi Karē (Ottogi Curry) is a traditional Korean recipe for a classic lightly-spiced curry of chicken and vegetables served over rice that makes an excellent winter dish.

Ingredients

For the Curry Base:
2 tbsp Japanese curry powder
3 tbsp butter
45g (1 1/2 oz) plain flour
600ml (2 1/2 cups) water

For the Curry:
500g (1 cup) chicken thigh meat, cubed
2 tbsp groundnut oil
2 carrots, scraped and diced
2 potatoes, peeled and finely chopped
2 onions, finely chopped
1 tsp garlic powder
1 tsp ground ginger

Method:

Begin with the curry base. Melt the butter in a pan and scatter over the flour. Stir to form a smooth roux then fry for 1 minute then scatter over the curry powder and stir to combine. Gradually work in the water until smooth. Bring to a simmer and cook until thickened then take off the heat.

Add the oil to a large stockpot and when hot use to fry the chicken until nicely browned all over. Mix the curry base with 1.5l water and add to the chicken. Add all the remaining ingredients, bring to a boil and cook for about 20 minutes, or until the chicken is tender and the vegetables are cooked through.

Serve hot over a bed of rice.

Baekse Karē (Korean Curry Rice)

Baekse Karē (Korean Curry Rice) is a traditional Korean recipe for a classic Japanese-inspired curry of lightly-spiced meat and vegetables served on a bed of steamed rice.

Ingredients:
150g (1/3 lb) beef, chicken or pork, cut into small cubes
1 onion, finely diced
1 medium potato, peeled and finely diced
1/2 carrot, scraped and finely diced

1/2 courgette (zucchini), finely diced
360ml (1 1/2 cups) water
1 tbsp groundnut oil
3 tbsp Japanese curry powder
2 tsp cornflour (cornstarch)
450g (1 lb) steamed short-grain rice

Method:

Heat a wok, add the oil and when hot add the meat, onion, potatoes and carrots. Stir fry until the meat is nicely browned all over then pour in the water and bring to a boil. Reduce to a simmer, cover and cook gently for about 15 minutes, or until the vegetables and meat are tender.

Take the pan off the heat, scatter over the curry powder and stir to combine. Whisk the cornflour to a smooth slurry with 60ml water then work into the curry. Bring to a simmer and cook gently for about 10 minutes more, or until heated through and the sauce has thickened a little.

Serve hot over a bed of the steamed rice.

African Curries.

Africa is not a continent one immediately thinks of when considering curries, yet because of trade links, colonization and colonialism there is a vibrant curry culture across Africa. In West and Central Africa (which were least touched by colonialism there are also a number of native dishes equivalent to curries and pilaus. Ethiopia also has its native Wots/Wets, which are also curry-like in nature.

Curries first came to East Africa through Indian and Arabic trade. In South Africa, Malay indentured workers brought their style of cookery to the cape and curries are now an integral part of South African cuisine. Because of its major ports (Dakar, Abidjan and Lagos) there is some influence from Indian and British style curries in the major port cities. Blends of native and Indian spices are also sold as 'curry' powders. Though, in Nigeria what is most commonly referred to as curry powder is in fact ground turmeric, which is added to native spice blends.

East Africa

This is the region of Africa where curry is most embedded in the culture, thanks mainly to Indian and Arabic traders and later Portuguese and British trade to India (West Africa provided the last fresh water before the voyage to India). As a result, curries and associated dishes are found commonly in Swahili cultures (particularly those of Kenya and Tanzania. Ethiopia stands out in this respect as it has a native dish the wot/wet that is curry-like but shows no Indian influence. The island of the Indian Ocean, which are also classed as part of East Africa (Comoros, Mauritius, Seychelles, Réunion and Mayotte) have a significant Indian population,

and therefore a more pronounced curry culture.

Curried Squash

Curried Squash is a traditional Tanzanian recipe for a classic curry of butternut squash, beef and onion cooked in coconut oil and flavoured with an East African curry powder.

Ingredients:

1 large butternut squash
450g (1 lb) lean minced beef
1 tbsp coconut oil (or groundnut oil)
1 medium onion, finely chopped
3 tsp Malawi Curry Powder
sea salt and black pepper, to taste

Method:

Peel the squash, remove the seeds with a spoon and cot into slices about 1.2cm thick before setting aside.

Meanwhile, add the oil to a large pan and use this to brown the meat. Add the onion and curry powder and fry for 2 minutes, stirring frequently. Season the meat mixture then add the squash, along with 60ml water. Cover an simmer until the squash is tender (about 20 minutes). Mash the squash with a fork and combine with the meat. Serve immediately, accompanied by French or Green beans or courgette (zucchini) and a large tossed salad.

Kenyan Pilau Rice

Kenyan Pilau Rice is a traditional Kenyan recipe for a classic rice accompaniment with green peas, onions and onions flavoured with a curry spice paste.

Ingredients:

675g (1 1/2 lb) rice
225g (1/2 lb) green peas
4 tbsp Pilau Masala Powder
3 onions, sliced
3 tomatoes, blanched, peeled and chopped
oil for frying
salt, to taste

Method:

Wash the rice with plenty of cold running water. Add the peas to boiling water and cook until done. Heat oil in a pan and cook the onions until they begin to brown then add the tomatoes. Add some 300ml (1 1/4 cups) water and bring to a boil. Add the masala powder at this point then add a further 1l of water. Bring to a boil then add the peas and rice. Reduce to a simmer, cover and cook for about 25 minutes, or until the rice is done and the water has been absorbed.

Serve hot.

Poulet à L'Indienne (Comoran Chicken Curry)

Poulet à L'Indienne (Comoran Chicken Curry) is a traditional Comoran recipe for a classic Indian-inspired curry of chicken in a spiced tomato and yogurt sauce.

Ingredients:

1 large chicken cut into serving pieces
2 onions, finely sliced
4 garlic cloves, minced
3 cm length ginger, grated
8 tomatoes, blanched, peeled and chopped
4 chillies, finely chopped
6 whole cloves
6 cardamom pods, crushed
300ml (1 1/4 cups) natural yoghurt
1 tbsp ground cumin
generous pinch of saffron
50g (2 oz) toasted slivered almonds
salt and black pepper to taste

Method:

Fry the chicken pieces in oil until golden brown then set aside. Place the onions, garlic and chillies in the pan and fry until the onion has softened. Add the cardamom and cloves and fry for a few minutes more. Return the chicken to the pan and add the tomatoes. Mix the yoghurt with the cumin and saffron and pour this mixture over the chicken mixture. Season with salt and pepper, cover tightly and simmer gently for 1 hour (add a little water if he mixture dries too quickly).

Serve on a bed of rice, garnished with the toasted slivered almonds.

Cari de Thon (Tuna Curry)

Cari de Thon (Tuna Curry) is a traditional Réunion recipe for a classic stew of tuna cooked in a tomato, onion and garlic base flavoured with ginger, chillies, turmeric, thyme and oyster sauce.

Ingredients:

1.2kg (3 lb) tuna, cut into small pieces
6 small tomatoes, chopped
6 onions, chopped
6 garlic cloves
1 piece of ginger (about 3cm), peeled and chopped
chillies, to taste (finely chopped)
1/2 tsp ground turmeric
1/2 tsp thyme leaves
1 tbsp oyster sauce
salt, to taste

oil for frying

Method:

Crush together the garlic, ginger and chillies in a mortar with a little salt until you have a smooth paste.

Heat 4 tbsp oil in a pan and add the onions. Fry for about 4 minutes, or until soft then stir in the garlic, ginger and chilli mixture. Fry for 1 minute more, stirring constantly, then add the tomatoes, turmeric, oyster sauce and thyme.

Mix thoroughly to combine then add 250ml (1 cup) water. Bring to a simmer over medium heat and cook for 5 minutes. Gently stir in the tuna pieces then cover the pan and cook over medium heat for 15 minutes.

Serve hot, accompanied by rice.

Le Rougail de Chèvre (Goat Rougail)

Le Rougail de Chèvre (Goat Rougail) is a traditional Réunion recipe for a classic dish of oiled goat meat that's then pan fried and cooked in a stew of tomatoes, onions and chillies.

Ingredients:

800g (1 2/3 lb) goat meat, cubed
8 tomatoes, chopped
2 large onions, thinly sliced
2 hot chillies, finely chopped
salt to taste
oil for frying

Method:

Add the goat meat to a pan, cover with water then bring to a boil and cook over medium heat for 45 minutes. Drain the goat meat and dry thoroughly.

Add a little oil to a pan and use to fry the goat meat until browned then add the onions and chillies. Cook for about 5 minutes, until the onions are just soft then add the tomatoes, bring to a simmer and cook for about 20 minutes, or until the sauce has thickened. Season to taste with salt then serve on a bed of rice, accompanied by peas.

Caril de Caranguejo (Mozambican Crab Curry)

Caril de Caranguejo (Crab Curry) is a traditional Mozambican recipe for a classic stew of crabs in a lightly-curried coconut milk base with tomatoes and onion.

Ingredients:

500g (1 lb) crabs, washed, boiled until tender, meat extracted and chopped
2 onions, slice into rings
3 tomatoes, chopped
1 tsp salt
1 tsp yellow curry powder (or 1/2 curry power and 1/2 ground turmeric)

1/2 tsp hot chilli power
2 garlic cloves, crushed
2 coconuts, flesh removed and grated
3 tbsp oil

Method:

Grate the coconut flesh into a bowl then pour over 120ml (1/2 cup) cold water and 120ml (1/2 cup) hot water. Stir well with your hands until the liquid becomes creamy the set aside to cool. Strain the coconut flesh through a cloth then wring out to extract all the liquid.

Heat the oil in a pan, add the onion and fry gently for about 6 minutes, or until golden brown. Add the crab meat, tomato, chilli powder, garlic and curry powder. Stir to combine then bring to a simmer and cook for 5 minutes before stirring in the coconut milk, stirring constantly to prevent curdling.

Bring to a boil, still stirring constantly, and cook for 30 minutes. Season with the salt and serve.

Agneau au Cari (Lamb Curry)

Agneau au Cari (Lamb Curry) is a traditional Reunion recipe for a classic curry of lamb with garlic and onions flavoured with curry paste, curry leaves and peppercorns.

Ingredients:

1kg (2 lb, 3 oz) diced lamb
2 large onions, chopped
7 garlic cloves, minced
4 peppercorns, cracked
4 tbsp curry paste
4 curry leaves, chopped
salt and pepper to taste
oil to fry

Method:

Wash the lamb then allow to drain. Place the onion, garlic, peppercorns and a little salt in a pestle and mortar and pound to a paste. Fry the lamb in oil until browned then add the onion mixture and the curry paste. Fry for a few minutes then add the curry leaves. Add water to cover and allow to simmer gently until all the water has evaporated.

Place in a bowl, garnish with spring onions and serve with boiled rice.

Cari Poisson (Fish Curry)

Cari Poisson (Fish Curry) is a traditional Réunion recipe for a classic curry of fish steaks in a tomato, onion and garlic base flavoured with ginger, lime zest, turmeric, thyme and chillies.

Ingredients:

1.5kg (2 1/3 lb) fish steaks (about 3cm thick)

8 small tomatoes
6 small onions, finely chopped
8 garlic cloves
3cm (1 in) length of ginger, peeled and chopped
2 tsp lime zest (kaffir lime zest, for preference)
1/2 tsp ground turmeric
1 sprig of thyme
chillies (optional)
salt, to taste
oil for frying

Method:

In a mortar, pound together the ginger, garlic, kaffir lime zest and chillies to a paste.

Heat about 60ml oil in a pan, add the fish pieces and fry for about 15 minutes, or until nicely browned on the outside and just cooked through. Remove with a slotted spoon and set aside.

Add the onions to the oil remaining in the pan and fry for 3 minutes then add the garlic, ginger and chilli paste. Fry for 1 minute further then add the tomatoes, turmeric and thyme. Cook for 2 minutes then return the fish pieces to the pan. Pour over 200ml (4/5 cup) of water and cook, covered, for 5 minutes.

Serve hot, accompanied by white rice and chutney or mango rougail.

Grima Fish Curry

Grima Fish Curry is a traditional Kenyan recipe for a classic curry of fish cooked in coconut milk flavoured with garlic, spring onions and curry spices.

Ingredients:

6 garlic cloves, chopped
4 spring onions, chopped
1 tsp saffron threads
1 tsp ground cumin
1 tsp ground turmeric
4 tbsp butter
4 sea bass fillets (about 250g [1/2 lb] each)
salt
freshly-ground black pepper
4 tomatoes, chopped
700ml (3 cups) coconut milk

Method:

Add the garlic onion and spices to a large pan and stir-fry in the butter for about 5 minutes. Add the fish pieces and season with salt and black pepper. Cook for about 12 minutes (begin skin-side down and turn after 7 minutes) then add the tomatoes and cook or a further 10 minutes.

Finally add the coconut milk and allow to simmer gently for about 15 minutes .

Serve on a bed of rice.

M'Chuzi wa Nyama (Curried Beef)

M'Chuzi wa Nyama (Curried Beef) is a traditional Tanzanian recipe (from Zanzibar) for a classic curried stew of beef and onions flavoured with lemon juice.

Nyama is the Swahili word for 'meat', though it's used interchangeably with 'beef'. This Tanzanian dish is a very delicious beef curry that shows the influence of Indian traders on West Africa.

Ingredients:

200g (7 oz) onions, finely chopped
1 garlic clove, crushed
1 tsp salt
1 tsp turmeric
1/4 tsp chilli powder
2 tsp curry powder
4 tbsp oil
900g (2 lb) beef cut into 2cm (1 in) dice
500ml (2 cups) water
4 tbsp lemon juice

Method:

Fry the onions, garlic, salt, turmeric, chilli powder and curry powder in the oil until the onions are soft. Add the beef and fry lightly (but do not allow the meat to brown). Now add the water and lemon juice, cover tightly and simmer for 1 hour.

If the sauce appears a little thin at this stage dissolve 2 tbsp cornflour in 2 tbsp water and add to the pot. Serve in a large bowl, accompanied by rice that's been cooked in beef stock.

This dish is traditionally accompanied by fried onion slices, mango chutney, shredded coconut, orange segments and diced cucumber.

Maharagwe (Spiced Red Beans in Coconut Milk)

Maharagwe (Spiced Red Beans in Coconut Milk) is a traditional Kenyan recipe for a classic stew of red kidney beans in a tomato and coconut milk stock flavoured with turmeric and hot chillies.

Ingredients:

200g (7 oz) dried red kidney beans
2 medium-sized onions, chopped
2 tbsp oil
3 tomatoes, chopped
1 tsp salt
2 tsp turmeric

3 hot chillies, pounded to a paste
500ml (2 cups) coconut milk

Method:

Wash the beans and allow to soak in plenty of water over night. Drain the beans and wash under cold running water. Place in a large pot, cover the beans with plenty of water, bring to a boil and cook rapidly for 30 minutes. Drain the beans, discard the water and replace the beans in the pot. Cover with plenty of water, bring to a boil then reduce to a simmer and cook the beans until they are just tender (about 90 minutes).

When the beans are almost done, drain the cooking water, and add about 250ml (1 cup) fresh water. Bring to a boil. Fry the onions in the oil until golden brown. Add these, along with the remaining ingredients to the pot. Return to a simmer and cook for several minutes, or until the beans are very tender and the tomatoes are cooked through and have broken down into a sauce.

Serve over a bed of rice or a very stiff pap (porridge).

Mchuzi wa Biringani (Aubergine Curry)

Mchuzi wa Biringani (Aubergine Curry) is a traditional Tanzanian recipe for a classic vegetarian curry of aubergines (eggplants), potatoes and onion cooked in a tomato base flavoured with curry powder.

Ingredients:

3 medium-sized aubergines (eggplants), thinly sliced
3 medium-sized tomatoes, peeled and thinly sliced
2 medium-sized potatoes, thinly sliced
1 onion, thinly sliced
3 tbsp ghee (clarified butter)
1 tbsp curry powder
1 tsp salt, or to taste

Method:

Melt the ghee in a large frying pan. Add the aubergine, potato, onion and tomato slices and fry until the potatoes and aubergines are golden brown. Scatter over the curry powder then pour in about 300ml water. Bring to a simmer and cook until the liquid reduces to a thick paste.

Season to taste with salt and serve hot either with boiled rice or with bread.

Mchuzi wa Kamba (Zanzibar Prawn Curry)

Mchuzi wa Kamba (Prawn Curry) is a traditional Zanzibar (Tanzanian) recipe for a stew of curried prawns (shrimp) in a coconut milk and tomato sauce favoured with tamarind.

This is a traditional Swahili dish from the island of Zanzibar in the Indian Ocean.

Ingredients:

1.5kg (3 1/3 lb) shelled king prawns
450ml (1 4/5 cups) coconut milk

1 large onion, chopped
3 ripe tomatoes, chopped
2 green bell peppers, de-seeded and chopped
10 garlic cloves, minced
2 tsp Garam Masala
tamarind paste, to taste
salt to taste

Method:

Place the prawns in a saucepan cover with the coconut milk and add the tamarind paste to taste then set aside.

Stir together the onion, tomatoes, green pepper, garlic and spices and add to the fish and coconut milk. Place on low heat and simmer slowly until the prawns are fully cooked and the sauce has thickened. Serve immediately with Chapati or Rice.

Mtuza wa Samaki (Baked Curried Fish)

Mtuza wa Samaki (Baked Curried Fish) is a traditional Kenyan recipe for a classic curried stew of fish and onions in a tomato and white wine vinegar sauce flavoured with chillies and curry spices.

Ingredients:

450g (1 lb) white fish (with bones removed)
3 large onions, sliced
2 tbsp oil
2 hot chilli peppers, pounded to a paste
3 garlic cloves
4 medium tomatoes, chopped
120ml (1/2 cup) white wine vinegar
1/2 tsp ground cardamom
1/2 tsp ground cumin
1/2 tsp freshly-ground black pepper
1/2 tsp salt

Method:

Lay the fish in a baking pan. Fry the onions until they are just transparent then arrange them over the fish. Combine the remaining ingredients in a pestle and mortar or a blender and render to a paste. Pour over the fish, cover the pot and place in an oven pre-heated to 180ºC (360ºF) and bake for about 30 minutes, or until the fish is just cooked.

Vegetable Curry

Vegetable Curry is a traditional Kenyan recipe for a classic curry of mixed vegetables, greens and pulses in a tomato-based stock flavoured with hot chillies and a range of curry spices.

Ingredients:

2 large onions, finely chopped
2 tbsp oil
1 tsp cumin seeds
1 tsp black mustard seeds
8 medium potatoes, quartered
2 tsp freshly-grated ginger
1 large garlic clove, minced
1 tbsp ground cumin
1 tbsp crushed coriander seeds
2 hot chilli peppers
1/2 tsp turmeric
1 tsp salt
4 whole cinnamon sticks
6 cloves
120g (4 1/2 oz) tomato paste
450g (1 lb) green beans, trimmed
1/2 small cauliflower, cut into florets
1 medium aubergine (eggplant), cubed
225g (1/2 lb) fresh green peas (or frozen)
1 large bunch of fresh greens (kale, collard greens, sweet potato greens, kale etc), shredded
150g (1/3 lb) cooked chickpeas

Method:

Brown the onions in a large pan or wok along with the cumin seeds and mustard seeds. Add the potato pieces and stir so that each one is coated in the spices. Add the remaining spices and continue stir-frying for several minutes, until they release their spicy aroma.

Combine the tomato paste with 150ml (3/5 cup) water and stir this into the pot. Add the vegetables one at a time and stir-in to combine before adding the next. If the pot you have used is not oven-proof transfer to another dish then cover with a lid (or foil), place in an oven pre-heated to 180ºC (360ºF) and cook for about 45 minutes. Check the dish half-way through to make sure there is enough liquid.

You are aiming for a thick sauce that will sit well on top of a bed of rice when you come to serve. Accompany with a naan bread.

Kenyan Chicken Tikka

Kenyan Chicken Tikka is a traditional Kenyan recipe for a classic Indian-inspired curry of chicken in a stock made with tomato paste, tamarind juice and flavoured with curry powder.

This is a very interesting dish, in that it shows the Indian and British influence on Kenyan cuisine. The name ‘tikka’ is a bit of a Misnomer as this is a British invention, with a cream-based sauce. But as most Africans (apart from the Tutsi) are lactose intolerant proper ‘tikka’ doesn’t really work in Africa.

Ingredients:

1 whole chicken, cleaned and gutted
2 tsp tomato purée
1 tsp curry powder
3 garlic cloves
3 tbsp oil
salt and black pepper to taste
250ml (1 cup) tamarind juice (made by mixing 60g tamarind pulp with 280ml water just off the boil and mixing thoroughly before straining)
salt and cayenne pepper, to taste
sugar, to taste

Method:

Combine the tomato purée, curry powder, garlic, salt and pepper with 3 tbsp oil. Mix thoroughly with a whisk then use this to rub both inside and outside the chicken until it's completely coated. Cover and allow to marinate for 1 hour for the flavour to penetrate the meat. Once ready, either grill or marinate the chicken until nicely browned and tender (a spit is best, but oven roasting works) [for roasting calculate 40min/kg + 20 min cooking time/18 min/lb + 20 min]

For the sauce simply add the salt and cayenne pepper to the tamarind juice and then add enough sugar so you get a pleasant sharp/sweet flavour. Cut the chicken into serving pieces, place on a bed of rice and pour the sauce over it then serve.

Samusas

Samusas is a traditional Tanzanian recipe for a classic snack of spiced beef fried in egg roll wrappers.

Ingredients:

675g (1 1/2 lb) lean beef, minced (ground)
1/2 tsp cumin seeds
2 tbsp spring onions, chopped
1 dessert spoon garlic powder
1 dessert spoon seasoned salt
1 dessert spoon freshly-ground black pepper
35g (1 1/4 oz) plain flour
2 tsp water
20 Egg Roll Wrappers (or rich shortcrust, made with egg, rolled very thin)
240ml (1 cup) vegetable oil

Method:

Add the beef to a large frying pan then mix in the cumin, spring onion, garlic powder, seasoned salt and black pepper using a fork. Mix in thoroughly then brown the meat over medium heat. Drain off the fat and set the meat aside.

In a small bowl, combine the flour and 2 tsp water to form a smooth paste. Place one egg roll wrapper flat on a work surface (cover the remainder with a damp tea-towel to prevent them from drying out). Either place a line of filling in the centre of the wrapper, roll over the two free ends then roll to form a sausage. Alternatively place the filling just below the centre of the square, take the point below the filling and fold over the filling. Then fold the edges over and seal with the flour paste to make a triangular package (this is the most standard way of doing them). You can also place the filling in the centre of the wrapper, take each corner and fold to the centre so they overlap. Seal with the flour paste to make a square package.

Tanzanian Vegetable Rice

Tanzanian Vegetable Rice is a traditional Tanzanian recipe for a classic dish of rice cooked with sweetcorn, red bell pepper and a carrot in a lightly-curried vegetable stock.

Ingredients:

1 onion, chopped
3 tbsp vegetable oil
1/2 tsp curry powder
210g (2 cups) basmati rice
2 garlic cloves, crushed
750ml (3 cups) vegetable stock, or water
120g (1/2 cup) fresh sweetcorn (sliced from the cob)
1/2 red bell pepper (or green bell pepper), chopped
1 large carrot, grated

Method:

Wash the rice under plenty of cold, running, water then set aside for 15 minutes to drain.

Heat the oil in a large saucepan and fry the onion for about 5 minutes, or until softened, but not coloured. Add the curry powder and the rice and stir-fry for about 10 minutes, stirring constantly, so the rice does not stick to the pan.

Add the garlic and stock (or water). Stir thoroughly to combine then bring to a boil and cook over high heat for 5 minutes. Reduce to a simmer, cover and cook for 20 minutes, or until the rice is almost tender. Scatter the sweetcorn over the top of the rice then spread the bell pepper on top of this before sprinkling over the grated carrot.

Cover tightly then steam over low heat until the rice is cooked and the vegetables are tender (about 8 minutes). Just before serving mix the rice and vegetables together with a fork.

Bamia Okra Relish

Bamia Okra Relish is a traditional Tanzanian (from Zanzibar) recipe for a relish of onion and okra flavoured with garlic, ginger and chillies.

Ingredients:

100g (3 1/2 oz) onions, thinly sliced
2 tbsp oil

100g (3 1/2 oz) onions, chopped
2 garlic cloves, chopped
1 hot chilli, chopped
3cm piece fresh ginger, grated
900g (2 lb) fresh okra, ends trimmed and cut into 2.5cm slices
1 fresh tomato, cut into thin strips

Method:

Add the oil to a large frying pan and fry the sliced onion in this until brown. Now add the chopped onion, garlic, chilli and ginger and fry for 1 minute. Add the okra and fry for several minutes before adding the tomato and frying for a further 5 minutes. Pack into a hot sterile jar and store for at least 3 weeks to mature.

This relish can be served either hot or cold with meat or fish.

Chapati

Chapati is a traditional East African recipe (based on an Indian original) for a classic flour-based flatbread fried in oil and coated with ghee before serving.

These Indian-style, unleavened, flatbreads were introduced to East Africa and South Africa by Indian traders and settlers. They are particularly common amongst the Swahili-speaking peoples of East Africa.

Ingredients:

450g (1 lb) plain flour
1 tsp salt
400ml (1 3/5 cups) warm water
oil for cooking
ghee for coating

Method:

Sift the flour and salt together into a bowl then slowly add just enough water for the flour mixture to come to a stiff dough. Tip this onto a floured surface and knead for a few minutes. Once kneaded return the dough to a clean bowl, cover with a cloth and allow to rest for half an hour.

Lightly grease and pre-heat a frying pan. Whilst the pan is heating divide the dough into roughly orange-sized balls. Flatten these into circles about 15cm (6 in) in diameter. Fry these discs individually in the griddle, turning once, until both sides are golden brown and spotted.

Cover the finished chapatis in foil to prevent drying and place in a warm oven until all the breads are done.

To serve, coat one side in ghee and use as an accompaniment to any soup, stew or curry.

Biriani

Biriani is a traditional East African recipe (based on an Indian original) for a classic of meat cooked in a curry-spiced sauce of papaya, garlic and ginger in a yoghurt or buttermilk and

sauce that's layered with fried potatoes and rice before being baked in the oven and served.

Birianis originate in India, however with its admixture of native, Arabic and Indian cultures the Biriani is also a feature of Swahili cuisine.

Ingredients:

1 unripe papaya, peeled de-seeded and grated
2 garlic cloves, minced
1 tsp fresh ginger, peeled and crushed
1.2 kg (2 2/3 lb) meat (mutton, beef, goat, chicken or wild boar) cut into serving-sized pieces
500ml (2 cups) buttermilk or plain yoghurt
juice of 2 limes
oil for frying
5 onions, sliced
5 potatoes, sliced
1/2 tsp ground cardamom
4 whole cloves
1/4 tsp ground cinnamon
1/2 tsp cumin seeds
1/2 tsp coriander seeds
1/2 tsp black peppercorns
2 pinches salt
3 ripe tomatoes, chopped
1 small tin tomato paste
750g (1 2/3 lb) rice

Method:

Add the whole spices to a dry frying pan and toast until aromatic. Tip into a coffee grinder and grind to a paste along with the powdered spices.

Meanwhile grind together the papaya, garlic and ginger and mix into a paste. Add this to a large pot along with the meat, buttermilk and lime juice. Cover and simmer very gently stirring every now and then.

Heat the oil in a large frying pan and fry the onions in hot oil. Once browned remove from the pan and set aside. Add the potatoes to the same oil and fry and when browned remove and set aside. Keep the oil in the frying pan.

Meanwhile add the spices and salt to the meat mixture. Add the chopped tomatoes, tomato paste and 2 tbsp oil from the frying pan. Stir and continue to cook over low heat. If the sauce in the pan becomes too thick add a little water.

Cook the rice in the usual way (boil in double the volume of water ie 1.5l of water to 750g rice) and time the rice so that it's done at the same time as the meat (the rice should take about 25 minutes to cook for basmati-type long-grain rice).

Line the edges of a large baking dish with the slices of fried potatoes (save some for the top) then cover the bottom with a third of the cooked rice. Pour most of the meat mixture over the

top (save some to serve with the biriani at the table) then carefully cover the meat mixture with a second layer of rice. Add the onions over the top of the rice then add a third layer of rice. Place the remaining potatoes on top and place the dish in an oven pre-heated to 170ºC (340ºF) and allow to cook for 30 minutes.

Serve with the reserved and re-heated meat mixture.

Kuku Paka (Chicken-coconut Curry)

Kuku Paka (Chicken-coconut Curry) is a traditional East African recipe for a classic curry of chicken, vegetables and potatoes in a tomato and coconut milk sauce flavoured with curry spices.

This is a Swahili dish originating from the coast of East Africa. The dish itself shows some Indian influences, which is not surprising as the Swahili civilization is an admixture of influences from Africa, Arabia and India mostly due to the millennia-old Spice Trade.

Ingredients:

1 chicken cut into serving-sized pieces
1 onion, finely chopped
2 sweet green bell peppers, de-seeded and chopped
1 garlic clove, minced
1/2 tsp ground ginger
1 tsp Malawi Curry Powder
6 whole cloves
1 tsp salt
5 potatoes, cleaned and quartered
3 ripe tomatoes, cut into chunks
500ml (2 cups) coconut milk
fresh coriander leaves, chopped
1 tbsp lemon juice
3 tbsp cooking oil or butter

Method:

Heat the oil in a large pot or casserole dish add the onions and bell peppers and fry for a few minutes over high heat. Add the chicken to the pot and fry to brown on all sides (add more oil if the chicken begins to stick). Remove the chicken and set aside then add the water to the pot and bring to a slow boil. Add the potatoes and cook until they begin to become tender then return the chicken to the pot and continue to cook at a very low boil until the chicken is done, stirring frequently.

Stir-in the tomatoes and cook for a few minutes more before adding the coconut milk. Reduce the heat to a simmer and gently stir until the sauce thickens. Finally add the lemon juice and garnish with fresh coriander leaves.

Serve with chapati or rice, accompanied by chai (Swahili spiced tea).

Mchuzi wa Biringani (Garden Egg Curry)

Mchuzi wa Biringani (Garden Egg Curry) is a traditional East African recipe for a classic curry with hot chillies, garden eggs (or aubergines), potatoes and tomatoes in a coconut milk sauce.

This is a Swahili dish, originating in India. In Africa this is typically made with the round aubergine (eggplant) locally known as 'Garden Eggs'. You can substitute ordinary aubergines (eggplants), cubed if you don't have access to garden eggs.

Ingredients:

2 onions, chopped
2 tsp curry powder
2 garlic cloves, minced
1 tbsp grated ginger
2 hot chillies, chopped
10 garden eggs, halved (or 2 large aubergines, chopped), lightly salted and squeezed to remove excess moisture
4 potatoes, chopped
1 small tin tomato paste
3 tomatoes, blanched, peeled and chopped
250ml (1 cup) coconut milk or yoghurt
4 tbsp cooking oil
salt, black pepper and cayenne pepper, to taste

Method:

Add the oil to a large pan and use to fry the onions for a few minutes before adding the curry powder, garlic, ginger and chillies. Continue frying on high heat for about four more minutes, stirring continually. Add the aubergine and potatoes and stir-fry until the aubergine starts to brown then add the tomatoes and tomato paste. Reduce to a simmer and cook until everything is tender. Adjust the seasoning at this point then add the coconut milk or yoghurt. Allow to heat through for a minute, then serve with chapati or rice.

Wali wa Nazi (East African Coconut Rice)

Wali wa Nazi (East African Coconut Rice) is a traditional East African recipe for a classic dish of rice cooked in coconut milk that's served as an accompaniment.

This is a Swahili dish (*Wali* is cooked rice and *nazi* is coconut in Swahili) popular in Zanzibar, Lamu and Mombasa.

Ingredients:

400g (1 lb, scant) basmati rice, washed, rinsed and soaked in water for 20 minutes before being drained
600ml (2 1/2 cups) thin coconut milk and 200ml (4/5 cup) thick coconut milk
salt, to taste

Method:

Add the coconut milk to a pan and bring to a boil before adding the rice and salt. Cook for

about 10 minutes, stirring constantly then reduce the heat to very low. Add the thick coconut milk and continue stirring whilst the mixture simmers. Reduce the heat to very low and cover tightly. It's best to put a sheet of foil over the top of the pan and put the lid on top of this. Allow the mixture to steam for about 25 minutes then serve with a meat or fish stew or any West African curry.

Poulet au Curry Réunionaise (Reunion Chicken Curry)

Poulet au Curry Réunionaise (Reunion Chicken Curry) is a traditional curry from the island of Reunion, East Africa for a classic curry of chicken and vegetables in a coconut milk base.

Ingredients:

6 chicken breasts, cubed
4 tbsp curry paste
8 tbsp coconut milk
200g (7 oz) onions, chopped
1 cooking apple, cored and chopped
1 banana, peeled, sliced lengthways and cut into half-moons
salt and freshly-ground black pepper, to taste
oil for frying

Method:

Heat a little oil in a large pan. Add the onions and fry over high heat for about 4 minutes or until golden brown. Add the chicken meat and fry until browned all over then stir in the curry powder and coconut milk.

Cook for 5 minutes then add 250ml (1 cup) water and the fruit. Season to taste, cover and cook over low heat for 30 minutes.

Serve hot, accompanied by rice. This curry is better if prepared the previous day and re-heated.

Mandioca com Miudezas (Cassava with Offal)

Mandioca com Miudezas (Cassava with Offal) is a traditional Mozambican recipe for a stew of cassava and offal in a curried tomato base with chickpeas.

Ingredients:

1kg cassava tubers, peeled
6 tomatoes, blanched, peeled and de-seeded
2 onions, chopped
1 tbsp curry powder (Rajah brand is typical)
500g chicken giblets (necks, feet, hearts, livers, kidneys)
2 garlic cloves
6 tbsp olive oil
200g chickpeas (dried African chickpeas do not need soaking and pre-boiling, if cooking this elsewhere, soak the chickpeas over night and boil for about 60 minutes before use)

Method:

Bring a pot of lightly-salted water to a boil. Chop the cassava and add to the pot with the chickpeas. Cook for about 30 minutes, or until tender. Drain the cassava and chickpeas and set aside.

Wash and clean the offal then cut into serving-sized pieces. Heat the oil in a pan, add the tomatoes, onions, garlic and offal and fry for 2 minutes. Scatter over the curry powder and stir to combine.

Continue cooking for about 10 minutes, or until all the meat pieces are done through.

Serve hot, accompanied by the cassava and chickpea mixture. Traditionally this is served with a salad of cucumbers and carrots.

Ethiopia

Ethiopia has a range of native spiced stews that are cognates of Indian curries. A number of these are given below.

Doro Wot (Red Chicken Stew)

Doro Wot (Red Chicken Stew) is a traditional Ethiopian recipe for a classic stew of chicken pieces in an oil, onion, garlic and spice base coloured red with paprika.

Ingredients:

1.4kg (3 lb) chicken drumsticks and/or chicken thighs, skinned and washed
4 large onions, finely chopped
250ml (1 cup) vegetable oil
2 1/2 tsp minced garlic
1 tsp garlic powder
1 tsp powdered ginger
4 tbsp Berbere spice
2 tbsp paprika (for the red colour)
1 tsp ground korerima (Ethiopian cardamom) [substitute black cardamom seeds]
1 tsp Wot Kimem
1 tsp salt (or to taste)
125ml (1/2 cup) water

Method:

Combine the vegetable oil and ginger in a large pot. Add the onion and garlic then simmer gently for about 8 minutes, or until cooked a light golden brown (add a little water, as needed, to prevent sticking). Now stir in the Berbere spice and paprika and continue simmering, stirring occasionally, for about 20 minutes.

Stir in the chicken and water then cover and continue simmering until the chicken is done. Finish by stirring in the salt, korerima and wot kimem. Serve hot with Injera.

Injera (Ethiopian Flat Bread)

Injera (Ethiopian Flat Bread) is a traditional Ethiopian recipe for a classic flat bread that's a staple of the Ethiopian diet.

Ingredients:

380g (14 oz) un-bleached while flour
100g (3 1/2 oz) self-raising flour
50g (2 oz) whole-wheat bread flour
1 packet dry yeast
600ml (2 1/2 cups) warm water
1/2 tsp baking soda
1/2 tsp salt

Method:

Combine all the flour and the yeast in a large bowl. Add the warm water and combine until you have a smooth, fairly thin, batter. Let the mixture stand for a full three days at room temperature stirring once a day. (it should noticeably bubble and rise.)

When ready to make the Injera add the baking soda and salt and let the batter sit for 15 minutes. Heat a small non-stick (about 22cm [9 in]) frying pan to the point where a drop of water bounces on the pan's surface. Then take about 160ml (2/3 cup) of the batter and pour it quickly into the pan. Swirl the pan so that the entire bottom is evenly coated. Return immediately to the heat.

When all the moisture has evaporated and lots of 'eyes' have appeared on the surface remove the injera. (This bread is cooked on only one side and it should not be browned). Allow the injera to cool then stack them as you go along.

If the first bread is undercooked, add a little less mixture to the pan and cook for a little longer. Make sure, however, that you do not over-cook as you should be able to roll injera up.

Kik Wot (Red Lentil Stew)

Kik Wot (Red Lentil Stew) is a traditional Ethiopian recipe for a classic vegetarian stew of red split lentils in an oil, onion, garlic and Berbere spice base.

Ingredients:

250g (9 oz) split red lentils
1 medium onion, finely chopped
120ml (1/2 cup) vegetable oil
2 1/2 tsp minced garlic
1 dessert spoon (heaped) Berbere spice
1 tsp salt (or to taste)
1l water (4 cups)

Method:

Add the vegetable oil and Berbere spice to a large pot, stir in the onion and garlic the bring to a simmer and cook for about 8 minutes, or until lightly golden. Add the lentils and water, return to a simmer then cook gently for about 20 minutes, stirring occasionally, until tender.

Season to taste with salt and serve hot with Injera.

Mesir W'et

Mesir W'et is a traditional Ethiopian recipe for a classic stew of lentils, onions and tomato cooked in a vegetable stock base until thick.

Ingredients:

150g (1/3 lb) dried red lentils
1 onion, chopped
3 garlic cloves, minced
100g (3 1/2 oz) tomato purée
500ml (2 cups) vegetable stock (or water)
1 tbsp paprika
1 tsp ground ginger
1 tsp turmeric
1 tsp Garam Masala
1 tbsp Berbere spice
sea salt and freshly-ground black pepper, to taste
oil for frying

Method:

Wash the lentils, place in a bowl then cover with plenty of cold water and set aside to soak for 60 minutes. After this time drain the lentils and set aside.

Heat a little oil in a pan, add the onion and garlic and fry for about 8 minutes, or until soft and pale golden. Stir the stock into the pan then add the spices and whisk in the tomato purée. Bring the mixture to a gentle boil then add the lentils.

Reduce to a simmer and continue cooking for about 50 minutes, or until the lentils are tender and the stew is very thick (add more liquid if necessary). Serve with rice and/or Injera bread.

West Africa

Of all the African cuisines, West African cookery is the one least touched by external influences. Malaria and other diseases meant that the European presence was comparatively light, even during the height of the colonial age. As a result, Indian-derived curries have not made major inroads into West African cookery. So we have native dishes like pepper soups, groundnut (peanut) soups, spiced stews and rice dishes like jolof and chubbygen that take the place of curries and pilafs. (West African 'soups' are stews meant to be served with carbohydrate staples like pounded yam, fufu and paps. In contrast, 'stews' are served with rice.)

Which is not to say that curries have not made inroads into West Africa. You will find curries in the major port cities (particularly Dakar, Abidjan, Accra and Lagos) and Indian spices such as turmeric, coriander and cumin are being incorporated into traditional West African

dishes along with native spices. Indeed, in Nigeria, what is locally called 'curry powder' typically means ground turmeric.

Curried Cabbage

Curried Cabbage is a traditional West African recipe for a chilli-flavoured stew of cabbage in a tomato-based sauce.

Ingredients:

1 large onion, finely chopped
6 tbsp oil
1 large tomato, sliced
1 scotch bonnet chilli, pounded to a paste
2 tsp ground cumin
1/2 tsp turmeric
2 carrots, sliced into rounds
1 medium cabbage, finely shredded
1 green bell pepper, chopped
salt and black pepper to taste

Method:

In a large, lidded, pan fry the onion in olive oil until it is lightly browned. Add the tomato and spices then season and continue to cook for 2–3 minutes, stirring frequently. Now add the carrots and cook for a further 5 minutes. Next add the cabbage and bell pepper and mix-in well. Add sufficient water to just cover the vegetables, cover the pan and simmer until all the liquid is absorbed and the vegetables are cooked. Serve immediately.

Cari Poulet et Légumes (Chicken and Vegetable Curry)

Cari Poulet et Légumes (Chicken and Vegetable Curry) is a traditional Senegalese recipe (from Dakar) for a curry of chicken and mixed vegetables served over rice or couscous.

Ingredients:

900g (2 lb) chicken, cubed
2 tbsp olive oil
2 medium onions, chopped
1 medium bell pepper, chopped
2 medium chillies, chopped
1 medium carrot, chopped
1 medium aubergine (eggplant), chopped
1 small cauliflower, chopped
1 medium potato, chopped
1 tbsp curry powder
1 tsp thyme
1/2 tsp cayenne pepper

1/2 tsp salt
8 large tomatoes, chopped
1 tbsp cider vinegar
salt and black pepper to taste

Method:

In a large pot, brown the chicken in the oil. Once nicely coloured on all sides remove from the pan and season with salt and black pepper. Add the onions to the pot along with the bell pepper and the chillies and fry for 5 minutes. Add the tomatoes and fry for a further five minutes. Now add all the remaining vegetables, the curry powder, thyme, cayenne pepper and salt. Simmer for 10 minutes then return the chicken to the pan. Bring back to a simmer and cook for 30 minutes (add a little water if it gets too dry).

Finally, add the vinegar, stir-in well and serve over rice or couscous.

Curried Rice with Beef

Curried Rice with Beef is a traditional Ghanaian recipe for a classic dish of fried beef cooked in a tomato-based stew with onion, vegetables, hot chillies and curry powder that's finished with the addition of rice.

Ingredients:

3 tbsp groundnut oil or palm oil
225g (1/2 lb) beef, cut into chunks
1 onion, chopped
1/2 tsp salt
1 tomato, chopped
2 tbsp tomato paste
1/2 tsp curry powder
4 whole hot chillies
200g (7 oz) rice
1 carrot, sliced at an angle
1 small white cabbage, cut into eights

Method:

Heat the oil in a pan, add the beef and fry until browned then add all the remaining ingredients except the rice. Simmer until the vegetables are tender (about 30 minutes) then add the rice and 500ml water. Stir to combine then reduce the heat to a simmer, cover and cook until the rice is tender and all the water has been absorbed (add a little more water if needed). Serve immediately. For a hotter dish mash the chillies into the rice. If you want a milder dish then take the chillies out before serving (or just let your guests mash their own).

Curry de Lotte au Citron Vert (Monkfish Curry with Lime)

Curry de Lotte au Citron Vert (Monkfish Curry with Lime) is a traditional Senegalese recipe for a classic curry of monkfish fillets in a coconut milk base flavoured with curry powder

and coconut milk.

Ingredients:

1kg (2 lb, 3 oz) monkfish fillets
juice of 2 limes
salt and freshly-ground black pepper, to taste
zest of 2 limes, cut into thin strips
1 tbsp curry powder
600ml (2 1/2 cups) coconut milk
2 tsp cornflour mixed to a slurry with 2 tbsp water
1/2 bunch coriander, finely shredded
oil for frying

Method:

Combine the lime juice, salt and black pepper in a shallow dish. Add the monkfish fillets and turn to coat in the marinade. Cover and set aside to marinate for 2 hours, turning the fish occasionally.

In the meantime, shred the lime zest, bring a small pan of water to a boil, add the lime zest and blanch for 2 minutes.

When they have marinated, drain the monkfish fillets (reserve the marinade) then heat oil in a pan, add the monkfish pieces and fry until golden brown all over. Scatter over the curry powder and add the lime zest then pour in the coconut milk. Bring to a simmer then whisk in the cornflour slurry. Bring to a simmer and cook for about 20 minutes, or until the fish is done.

Stir the reserved lime juice into the curry then take off the heat and stir in the chopped coriander. Serve hot, accompanied by rice.

Curry de Poulet aux Bananes Plantain (Chicken and Plantain Curry)

Curry de Poulet aux Bananes Plantain (Chicken and Plantain Curry) is a traditional Ivorian recipe (from Côte d'Ivoire) for a classic curry of marinated and baked chicken thighs that are finished by stewing with sweet potatoes, plantains and papaya with coconut milk.

Ingredients:

4 chicken thighs
4 plantains
4 sweet potatoes
2 papaya
1 lime
2 garlic cloves, grated
2 tbsp curry powder
2 tbsp soy sauce
2 tbsp fish sauce
1 tbsp groundnut oil
100ml (2/5 cup) coconut milk

3 spring onions
salt, to taste

Method:

Whisk together the oil, fish sauce and soy sauce in a bowl. Brush this mixture all over the chicken thighs then set them aside.

Wash the sweet potatoes then bring a pan of lightly-salted water to a boil. Add the sweet potatoes and cook for about 15 minutes, or until tender.

Wash the plantains, place in an oven pre-heated to 180ºC (360ºF) and bake in their skins for 15 minutes.

Halve the papaya, scoop out the seeds and drizzle over a little lime juice to prevent browning then set aside.

Transfer the marinated chicken thighs to a bowl then add the grated garlic and sprinkle over the curry powder. Rub to coat then arrange on a roasting tin and transfer to an oven pre-heated to 200ºC (390ºF).

After 20 minutes of roasting, pour 200ml (4/5 cup) of water into the pan. Peel the sweet potatoes and plantains. After 10 more minutes of cooking add these, along with the papaya to the pan with the chicken thighs.

Bake for a further 15 minutes, basting frequently with the pan juices. After 10 minutes of cooking stir in the coconut milk.

Arrange the curry ingredients on a bed of white rice and spoon over the sauce. Garnish with the spring onion and serve.

Liberian Jollof Rice

Liberian Jollof Rice is a traditional Liberian recipe for a version of the classic highly-spiced West African one-pot dish of vegetables, rice and meat. In one form or another, this dish is made throughout West Africa and each country has its own specific variants. This is just the version I am most familiar with.

Ingredients:

1 large chicken (about 1.2kg [2 2/3 lb]) cut into serving pieces
400g (1 lb, scant) stewing beef, cubed
400g (1 lb, scant) smoked ham, cubed
2 onions, sliced
6 Scotch bonnet chillies
1 tsp freshly-grated ginger
4 tomatoes, chopped
1 small tin of tomato purée
2 small cabbages, quartered
2 carrots, cut into large pieces
1 aubergine, peeled and cubed
salt and black pepper
3 Maggi cubes

240ml (1 cup) cooking oil
450g (1 lb) rice

Method:

Wash the meat and pat dry. Combine the chicken and beef in a bowl and season with 2 Maggi cubes, salt and black pepper. Set aside to marinade for at least 20 minutes.

Meanwhile, pound 2 scotch bonnet chillies, the tomatoes, ginger and a little of the onion to a paste in a pestle and mortar.

When the meat has marinaded add the oil to a large pan or pot and heat until quite hot. Add the chicken and beef mixture and fry until nicely browned all over. Remove the meat and set aside then add the onions and the chilli and tomato mix to the oil. Fry for a few minutes, stirring often, then return the fried meat to the pan along with the ham and the tomato purée.

Gently add about 700ml (3 cups) water (be careful, it may spit) and bring to a boil. Reduce to a simmer, cover and cook for about 10 minutes then add-in the rice and the vegetables (including the whole chillies) with 200ml (2/5 cup) more water. Stir to combine, then bring back to a boil. Reduce the heat to the lowest possible simmer, cover and allow the mixture to cook until the rice is done and the water has been absorbed (about 40 minutes).

Remove the vegetables and chicken from the pot. Spoon the rice and meat mixture onto a large serving tray and layer the chicken and vegetables on top. Serve hot.

Palaver Chicken

Palaver Chicken is a traditional Ghanaian recipe for a stew of chicken and spinach in a tomato and chilli sauce that's served with hard-boiled eggs.

Ingredients:

900g (2 lb) fresh spinach
350ml (1 2/5 cups) chicken stock
900g (2 lb) chicken breast, cubed
1 large spring onions, minced
salt and black pepper to taste
120ml (1/2 cup) groundnut oil
2 medium onions, thinly sliced
3 ripe medium tomatoes, chopped
2 hard-boiled eggs, chopped
2 green birds-eye chillies, chopped
1 large can red kidney beans

Method:

Wash the spinach and tear into bite-sized pieces then cook in the chicken stock until tender. Remove from the stock and refresh with cold water then set aside (reserve the stock). Add the chicken, spring onion to a saucepan. Season with salt and pepper then cover with water, cover and simmer for 10 minutes. Once done, remove from the pan and set aside.

Fry the onion, tomatoes, eggs and chilli in oil for five minutes then add the beans, chicken,

spinach and 240ml (1 cup) of the chicken stock. Adjust the seasoning and simmer the ingredients for 45 minutes.

Serve hot over rice or with plantain and yam mash.

Spicy Pepper Soup

Spicy Pepper Soup is a traditional Nigerian recipe (from the Eastern region) for a classic soup (a stew to be served with pounded yam) of beef, chicken or fish, onion and African blue basil in a stock base flavoured with a mix of native and hot spices.

This is a classic pepper soup from the Eastern region of Nigeria, which uses African blue basil (effirin), the ingredient that makes Nigerian pepper soups different from many other West African equivalents.

Ingredients:

1kg (2 lb, 3 oz) beef or chicken or freshwater fish
1 small sprig of effirin (African blue basil [also known as saint leaf])
1 onion
1 tbsp Scotch Bonnet chilli
powder (or to taste)
1/2 tsp freshly-ground black pepper
1/2 tsp ground uyayak pod [Aidan fruit]
1/2 tsp ground tamarind pulp
1/4 tsp ground Ashanti pepper (uziza)
1/2 tsp ground Senegal pepper pods (the thin, smoked black ones)
1/4 tsp Njangsa
1/4 tsp alligator pepper
6 uzazi peppercorns, ground (optional)
1 tsp ground African Nutmeg/Calabash Nutmeg
1/2 tsp ground ginger
salt and freshly-ground black pepper, to taste
2 Maggi cubes
1.5l (6 cups) water

Method:

If using beef, then use cow leg or oxtail. Cook whole and cut the meat into pieces after cooking (oxtail gives a particularly good stock). If using chicken, cut the fowl into serving pieces before cooking. Wash, scale and cut the fish into steaks before use.

Combine the meat and water in a pot. Bring to a boil, cover and cook for between 30 and 50 minutes (depending on the meat), or until tender. If using beef, cut the meat into pieces after cooking.

Add the spices and simmer for 10 minutes then add the effirin and season with the Maggi cube, salt and black pepper. Cook for 5 minutes more and serve hot, accompanied by pounded yam and a chilled drink.

Nigerian Groundnut Soup

Nigerian Groundnut Soup is a traditional Nigerian recipe for a classic mixed meat stew in a tomato, peanut and chilli sauce.

Ingredients:

500g (1 lb) assorted meat, washed
1 medium-sized smoked fish (washed)
225g (1/2 lb) stockfish
225g (1/2 lb) bushmeat (or game)
500g (1 lb) roasted peanuts
600ml (2 1/2 cups) stock or water
100g (3 1/2 oz) ground crayfish
25g (1 oz) iru (this is a condiment made by fermenting locust beans (carob) — omit if not available)
2 fresh tomatoes, pounded to a paste
100g (3 1/2 oz) hot chillies, pounded to a paste
1 onion, chopped and pounded to a paste
3 hot *tatase* (habanero) chillies
salt to taste

Method:

Add the meat to a pot and add a little water or stock. Season with salt and freshly-ground black pepper and boil for 30 minutes (or until tender). Add the smoked fish and stockfish and cook for a further 10 minutes. Add the remaining stock, bring to the boil and add the tomatoes, chillies, onions, habaneros, iru (if using) and peanuts. Cook for 20 minutes (or until the stock thickens). Sprinkle with ground crayfish and stir-in. Simmer for a further 10 minutes, check the seasoning and serve hot on a bed of boiled rice.

Ceebu Jën (Rice and Fish)

Ceebu Jën (Rice and Fish) is a traditional Senegalese recipe for a classic one-pot stew of fish, vegetables and rice that's layered on a tray before serving.

This Ceebu Jën (also spelled Tiébou Dienn or cheb-oo-jen and pronounced 'Chubby Jen') is a classic Senegalese dish that begins with fish stuffed with herbs and onions. The stuffing for the fish itself is called *roof* (or *roff*).

Ingredients:

2 green bell peppers, de-seeded and chopped
2 leeks, chopped
1 garlic clove, minced
1 small bunch flat-leaf parsley, chopped
salt
1 hot chilli pepper, finely chopped
250ml (1 cup) groundnut oil

2 onions, chopped
1 piece salted, dried or smoked fish such as stockfish
1.2kg (2 2/3 lb) white fish fillets (eg hake, sea bass, haddock, sea bream, grouper etc) cleaned and kept whole
tomato paste
4 ripe tomatoes, whole
2 carrots, chopped
2 red bell peppers, whole
1 squash or courgette, peeled and chopped
10 okra with ends removed
550g (1 lb, 3 oz) short-grained rice

Method:

First prepare the *roof* by combining together the green bell peppers, leeks, garlic, parsley, salt and chilli and grinding to a paste (add a little oil if too stiff). It's traditional to add a Maggi cube at this stage and you can add a fish bouillon cube along with a few pinches of cumin and coriander to get the same flavour. Cut deep slits in the fish and stuff with the *roof* mixture.

Heat the oil in a large pan and fry the onions and dried/salted/smoked fish in this for a few minutes. Now add the fresh fish and fry for a few minutes on each side. Remove the fish and set aside then add the tomato paste and 240ml water to the pan. Add the root vegetables along with the chilli. Pour in sufficient water to just cover and simmer for about 35 minutes. Now add the bell peppers, courgette and okra. Place the fish on top and simmer for 20 minutes. Remove the fish and all the vegetables and place in an oven to keep warm. Reserve about 400ml (1 3/4 cups) of the cooking liquid and adjust the volume of the remaining liquid so that it comes to just over 1l (4 cups). Bring the mixture to a boil, cover and simmer on low heat until the rice is done (about 25 minutes). Don't worry if the rice sticks a little on the bottom of the pot. This is normal.

Add the reserved cooking broth to a saucepan and bring to a boil. Allow the sauce to thicken a little then pour into a sauce boat.

When the rice is done, spoon onto a large serving plate and scrape the crust on the bottom of the pan over the rice (this is called *xooñ* in Wolof). Arrange the fish and vegetables over the rice and garnish with parsley and sliced limes. Serve with the sauce.

Serve with hibiscus tea (jus de bissap).

Blanquette d'Agneau au Curry (Curried Blanquettes of Lamb)

Blanquette d'Agneau au Curry (Curried Blanquettes of Lamb) is a traditional Ivorian (from Côte d'Ivoire) recipe for a classic dish of cubed lamb stewed gently in water with carrots, leeks and an onion that's finished in a thick curry sauce made with crème fraîche and containing fried onions and mushrooms.

Ingredients:

1kg (2 lb, 3 oz) lamb, cut into large cubes
2 carrots, scraped
1 leek, washed and trimmed

1 onion
1 clove
200g (7 oz) shallots
250g (9 oz) button mushrooms
250ml (1 cup) crème fraîche
50g (2 oz) butter
50g (2 oz) plain flour
2 tbsp groundnut oil
1 stock cube
2 tbsp curry powder
1 bouquet garni
salt and freshly-ground black pepper, to taste

Method:

Place the lamb in a large pan with the whole carrots and leek. Crumble in the stock cube then add the bouquet garni and the onion, stuck with a clove. Season to taste with salt and black pepper then cover the ingredients with water and bring to a boil.

Reduce to a simmer and cook, covered, over low heat for about 2 hours, or until the meat is very tender.

Peel the shallots. Heat the oil in a frying pan and use to fry the mushrooms and onions over low heat for about 10 minutes, or until golden brown.

Melt the butter in a pan, scatter over the flour and mix together to form a smooth roux. Cook, stirring constantly for 2 minutes then scatter over the curry powder and turn off the heat. When the roux is completely cold pour in the hot stock from the lamb and whisk until smooth.

Bring to a simmer then add the cream, the onion and mushroom mix and the lamb cubes.

Adjust the seasoning to taste and continue cooking for 15 minutes (do not allow to boil). Serve hot, accompanied by plain rice.

South Africa

South African cuisine is very varied, having native, Afrikaans and British influences along with a strong Malay influence as well, particularly in the Cape and Durban. The Malay population came to South Africa as indentured labourers to work in the sugar plantations in Natal in the late 19th and early 20th century. The Malay settlers brought with them their own styles of cookery and the British also brought with them Anglo-Indian dishes. As a result curries, particularly of the Cape Malay style are a significant part of South African cuisine.

Bobotie (Curried Meat Loaf)

Bobotie (Curried Meat Loaf) is a traditional South African recipe for a beef-based meatloaf flavoured with curry spices.

Ingredients:

2 thick slices stale white bread with crusts removed, processed into breadcrumbs
30ml (2 tbsp) sunflower oil
1 onion, thinly sliced
1/2 tsp ground cloves
1 1/2 tsp crushed garlic
1 1/2 tsp salt
3 tsp South African Curry Powder
1 1/2 tsp ground turmeric
500g (1 lb) steak mince
2 eggs
30ml (2 tbsp) hot water
1 1/2 tbsp lemon juice
30g (3 tbsp) sugar
4 fresh bay leaves
1 egg, lightly beaten
150ml (3/4 cup) milk

Method:

Heat oil in a large frying pan and fry the onion until golden (10 minutes). Add the cloves, garlic, salt, curry powder and turmeric and fry for a further 5 minutes. Add to the mince along with the breadcrumbs, eggs, hot water, lemon juice and sugar and mix-in well. Spoon the mixture into a well-greased ovenproof dish and bake in an oven pre-heated to 160ºC (320ºF) for 40 minutes, or until golden brown. Remove from the oven, beat the egg and milk well and pour over the bobotie. Add the bay leaves to the top and bake for a further 8 minutes at 180ºC (360ºF).

Serve with saffron rice or boiled vegetables.

Cape Kedgeree

Cape Kedgeree is a traditional South African recipe for a classic version of the Anglo-Indian dish, Kedgeree made from flaked fish and egg whites cooked with rice in a butter and evaporated milk sauce flavoured with curry powder.

Ingredients:

60g (2 oz) butter
800g (1 3/4 lb) cooked fish, flaked
400g (1 lb, scant) cooked rice
4 whites from hard-boiled eggs, coarsely chopped
2 tsp salt
1/2 tsp black pepper
120ml (1/2 cup) evaporated milk
2 tsp curry powder

Method:

Melt the butter in a large saucepan and add all the ingredients. Stir gently until the mixture

becomes quite hot. Serve on warmed plates garnished with egg yolks that have been passed through a fine sieve.

Curried Beans

Curried Beans is a traditional South African recipe for a classic preserve of green beans and onions with peaches and tomatoes in a spiced vinegar syrup flavoured with curry powder.

Ingredients:

6 medium onions, cut into 3cm pieces
1kg (2 lb, 3 oz) green beans, trimmed and cut into 3cm lengths
4 tsp mild curry powder
1 tsp finely-ground black pepper
2 tsp sea salt
1 tsp ground turmeric
10 whole cloves
4 lemon leaves (or Kaffir lime leaves)
190g (6 oz) sugar
250ml (1 cup) white wine vinegar
4 garlic cloves
5 large tomatoes, blanched and peeled
410g (1 lb, scant) peaches, pitted and sliced

Method:

Bring a pan of lightly-salted water to a boil, add the onions and beans and cook for about 6 minutes, or until done through but still crisp. Drain and set aside.

In the meantime, combine all the remaining ingredients in a large pan. Heat gently until the sugar has dissolved then bring to a low simmer and cook slowly for 10 minutes.

Add the boiled vegetables, return to a low simmer and cook gently until the sauce is thick. Spoon into glass jars that have been sterilized and warmed in an oven. Seal with vinegar-proof lids and store in a cool, dark place. Allow to mature for at least 1 month before use.

Banana Curry Chutney

Banana Curry Chutney is a traditional South African recipe for a classic chutney-like preserve of bananas, bell peppers, onions and sultanas cooked in spiced and sweetened vinegar before potting and storing..

Ingredients:

850g (2 lb, scant) bananas (weighed after peeling), sliced
2 green bell peppers, finely chopped
2 onions, finely chopped
2 garlic cloves, finely chopped
240g (2 cups) sultanas
2 tsp sea salt

1/4 tsp freshly-ground black pepper
2 tsp curry powder
1 tsp ground turmeric
1/2 tsp dried thyme, crumbled
pinch of ground cloves
900ml (3 3/4 cups) white vinegar
400g (2 cups) sugar

Method:

Combine all the ingredients in a heavy-based saucepan and gently bring to a simmer, stirring constantly to prevent burning. Continue simmering gently, stirring all the while, for 1 hour then take off the heat and ladle the chutney into cleaned and sterilized jars that have been warmed in the oven.

Seal with vinegar-proof lids and set aside to cool completely before storing in a cool dark, cupboard. Allow to mature for at least 3 weeks before using.

Curried Beef Stew

Curried Beef Stew is a traditional South African recipe for a classic beef curry in a tomato and chilli-based sauce.

Ingredients:

2 tbsp groundnut oil
600g (1 1/2 lb) stewing steak, cut into 1.5cm (1/2 in) cubes
1/2 large onion, finely chopped
2 large tomatoes, cored and chopped
1/2 tsp salt
1 tsp Cape Curry Powder
1 scotch bonnet chilli, pounded to a paste

Method:

Heat the oil in a frying pan and add the meat cubes. Fry on each side until they are evenly browned. Then add the onion, tomatoes and the chilli paste. Cook over high heat until the tomatoes soften then add the salt and curry powder and simmer until the meat is tender. (Add water if the stew gets too dry, to prevent burning.)

Serve on a bed of rice and accompanied by a bowl of chilli flakes which can be sprinkled on top.

Kerrie-aartappels en Uie (Curried Potatoes and Onions)

Kerrie-aartappels en Uie (Curried Potatoes and Onions) is a traditional South African recipe for a Malay-inspired curry of potatoes and onions in beef stock.

Ingredients:

550g (1 1/4 lb) potatoes, in small dice

1 large onion, sliced
4 tbsp butter
240ml (1 cup) beef stock
1 tbsp Cape Curry Powder
1 tbsp vinegar or lemon juice
1 tbsp sugar
1 tbsp flour
salt and black pepper to taste

Method:

Fry the onion in the butter until lightly browned then add the potatoes and stir occasionally until they are warmed through. Add all the dry ingredients and the vinegar to the stock then pour this mixture over the vegetables. Cook and stir until the sauce has thickened and cook for about 2 minutes more, until the potatoes have softened.

Serve immediately, accompanied by chutney.

Mango Atjar

Mango Atjar is a traditional South African recipe for a classic preserve of green mangoes, onions and almonds cooked in a spiced malt vinegar, and white sugar base.

This is a classic South African pickle. This style of preservation was introduced to South Africa by Malays and consists of a mix of vegetables and fruit preserved in a strong chilli and spice vinegar pickle. Typically it's eaten as relish to accompany curry or meat dishes.

Ingredients:

1.5kg (3 1/3 lb) green mangoes, peeled, stoned and cut into 2cm chunks
500ml (2 cups) white malt vinegar
250g (1 1/4 cups) white sugar
200g (2 cups) blanched almonds
2 onions, sliced
4 tbsp root ginger, finely chopped
1 tsp cayenne pepper
1 tsp mustard seeds
2 garlic cloves, crushed
5 black peppercorns
1 tsp salt

Method:

Combine all the ingredients in a pan, bring to a boil and continue cooking for about 30 minutes, or until the mango chunks are tender but still remain whole. Take off he heat and spoon into washed and sterilized jars that have been warmed in the oven.

Seal with vinegar-proof lids, allow to cool then store in a cool, dark, cupboard to mature for at least 3 weeks before opening.

South African Curried Beef Gratin

South African Curried Beef Gratin is a traditional South African recipe for a classic dish of beef and pine nuts flavoured with curry powder and apricot preserves that's topped with a coconut milk custard and oven baked until set.

Ingredients:

2 tbsp pine nuts (or slivered almonds or cashew nuts)
1 medium onion, finely chopped
1 tbsp sunflower oil
900g (2 lb) lean beef, minced (ground)
1 tsp salt
20 generous twists of black pepper
2 tsp curry powder (or 1 tbsp freshly-made curry paste)
3 tbsp apricot preserves (or mango chutney)
2 tbsp lemon juice

For the Custard:

3 large eggs
320ml (1 1/3 cups) tinned coconut milk
1 tsp salt
2 tsp soy sauce
1/2 tsp paprika
generous pinch of hot chilli powder
10 twists of black pepper
2 bayleaves

Method:

Toast the nuts in a dry pan over medium heat, tossing frequently, until lightly browned and aromatic (about 3 minutes). When done, transfer to a plate and set aside.

Heat the oil in a large pan over medium heat then use to cook the onion, stirring frequently until golden brown (about 6 minutes). Add the minced beef and continue frying, stirring occasionally, until the meat is just browned (about 3 minutes). Season to taste with salt and black pepper then stir in the curry powder, apricot preserves and lemon juice. Continue cooking gently for 5 minutes then stir in the toasted nuts. Take off the heat and transfer the contents of the pan to a casserole dish or a gratin dish. Set aside to keep warm whilst you prepare the topping.

In a bowl, whisk together the eggs and coconut milk. Add the salt, soy sauce, paprika, chilli powder and black pepper. Mix thoroughly then pour the custard mix evenly over the meat mixture in your dish. Arrange the bayleaves on top then transfer to an oven pre-heated to 175ºC (350ºF) and bake for 30 minutes, or until the top has set and is golden brown.

Remove from the oven, allow to cool for 5 minutes then serve with rice and green vegetables.

South African Lamb Curry

South African Lamb Curry is a traditional South African recipe for a classic curry of lamb onion and egg meatballs cooked in a milk base with curry powder that's finished by topping with breadcrumbs and baking in the oven.

Ingredients:

1.2kg (2 2/3 lb) minced lamb
2 onions, finely chopped
1 egg
60g (2 oz) butter
3 tbsp cornflour (cornstarch)
1 1/2 tbsp Cape Curry Powder
750ml (3 cups) milk
1 tsp salt
1 tbsp freshly-ground black pepper
100g (3 1/2 oz) breadcrumbs

Method:

Combine the lamb, onions, salt and black pepper in a bowl. Mix thoroughly then add the egg and work together to bind. Shape the resultant mixture into meatballs.

Melt half the butter in a pan, add the meatballs and fry until browned all over. Remove from the pan and set aside.

In the meantime, dissolve the cornflour in a little of the milk, so that you have a smooth slurry. Melt the remaining butter in a saucepan, stir in the curry powder and season to taste with salt and black pepper. Fry briefly then take off the heat and add the milk. Whisk in the milk and cornflour blend until smooth.

Return to the heat and bring to a boil. Continue cooking until slightly thickened then take off the heat.

Arrange the meatballs in a baking dish and pour over the curry sauce. Scatter the breadcrumbs over the top and place in an oven pre-heated to 180ºC (360ºF). Bake for 20 minutes and serve hot, accompanied by rice.

South African Lamb Pilaff

South African Lamb Pilaff is a traditional South African recipe for a lamb meatball and fruit curry in a milk-based sauce.

Ingredients:

180g (6 oz) dried apples
80g (2 1/2 oz) pitted prunes
60g (2 oz) dried apricots, chopped
80g (2 1/2 oz) seedless raisins
120ml (1/2 cup) orange juice
240ml (1 cup) hot water
450g (1 lb) minced (ground) lamb

80g (2 1/2 oz) dry breadcrumbs
60ml (1/4 cup) milk
1 egg, slightly beaten
1 tsp salt
1/2 tsp paprika
50g (2 oz) plain flour
oil for deep frying
1 medium onion, chopped
1 tbsp South African Curry Powder
2 tbsp red wine vinegar
1 tbsp sugar
1 tsp tomato paste

Method:

Combine the apples, prunes, apricots and raisins together in a large bowl. Add the orange juice and water and leave to stand at room temperature for 2 hours. Meanwhile, combine the lamb, breadcrumbs, milk, egg, salt and paprika. Mix together and shape into 3cm (1 in) balls. Roll the meatballs in flour. Shake-off the excess and deep-fry in a hot wok containing 4cm depth of oil in the centre.

Fry the meatballs, a few at a time, in the hot oil until lightly browned on all sides (about 4 minutes). Drain on paper towels and set aside then pour all but 2 tbsp oil from the wok, add the onions and stir-fry for a minute. Reduce the heat to low and stir-in the curry powder, frying until fragrant (about 2 minutes). Add the soaked fruit and 240ml of the soaking liquid along with the vinegar, sugar and tomato paste then stir-in the vinegar and sugar. Add the cooked meatballs, making sure they're pushed down into the liquid. Keep stirring until the liquid thickens (about 3 minutes) then season with salt and pepper.

Serve on a bed of rice or bulgur wheat, garnished with banana slices and chopped dry-roasted peanuts.

South African Malay Curry

South African Malay Curry is a traditional South African recipe for a classic Cape Malay curry of meat in a spice stew of beef stock and curry powder with apricot jam and buttermilk.

The Malay people were brought as indentured workers to South Africa from Indonesia, but they had a profound impact on South African cuisine and curry (known locally as *kerrie*) dishes remain popular in South Africa.

Ingredients:

4 tbsp cooking oil
2 onions, sliced
1 garlic clove, minced
1 small piece fresh ginger, peeled and crushed
1 tsp turmeric
1 tsp coriander seeds

1 tsp cumin seeds
1/2 tsp ground cinnamon
2 tsp Cape Curry Powder
4 cloves
1kg (2 lb, 3 oz) lamb, mutton or beef, cut into bite-sized cubes
1 aubergine, cut into cubes
1 green bell pepper, cleaned and chopped
2 hot green chillies
200g (7 oz) dried apricots, soaked in warm water and drained
1 small tin tomato paste
1 tsp vinegar
500ml (2 oz) beef stock
100g (3 1/2 oz) apricot jam
250ml (1 cup) buttermilk or yoghurt

Method:

Heat the oil in a large pot. Fry the onions and garlic over high heat, stirring continuously. Add the spices and continue stirring for a minute or so. Reduce the heat then add the meat and fry until browned on all sides. Add all the remaining ingredients (except the apricot jam and buttermilk) then reduce the heat, cover and simmer on low heat, stirring occasionally, until everything is tender (about 1 hour).

Stir-in the buttermilk and jam and heat for a few minutes before serving.

Serve with Chapatis or boiled rice. Alternatively you can make a classic South African Bunny Chow by taking half a tin loaf per person, emptying it out of most of the inner bread and filling with the curry.

Umngqusho (Samp and Beans with Potatoes)

Umngqusho (Samp and Beans with Potatoes) is a traditional South African recipe for a classic stew of samp (cracked hominy) with beans and potatoes cooked in a tomato base flavoured with stock cubes and curry powder.

This is a traditional Xhosa dish from South Africa that uses curry powder as a flavouring and mixes potatoes and tomatoes with the samp and bean base. Traditionally the samp and beans are soaked over night, but you get a better flavour if you cook the dried corn kernels and beans without soaking. Samp is a form of dried corn kernel (like hominy) that, unlike hominy, is cracked.

Ingredients:

280g (2 cups) samp (cracked hominy)
420g (1 lb, scant) beans (eg black-eyed peas, sugar beans or pinto beans)
1 onion
3 potatoes
1 large tomato
3 tbsp olive oil

salt, to taste
2 Maggi cubes (or vegetable stock cubes)
3 tsp curry powder

Method:

Combine the samp and the beans in a bowl and wash thoroughly. Drain then turn into a large pot and cover with about 1.4l water. Bring to a boil, reduce to a simmer then cook the samp and bean mixture until they start becoming soft (check every 30 minutes to ensure that there is enough water).

When the samp and beans are slightly soft, but not done (they should need about a further 30 minutes to finish cooking when they have reached the right stage) drain all but 500ml of the water then add all the remaining ingredients. Stir well to combine, return to a simmer, cover the pan and continue cooking for 30 minutes more, or until the beans are very soft.

Serve hot.

Yellow Rice with Raisins

Yellow Rice with Raisins is a traditional South African recipe for a classic accompaniment of rice with raisins that's flavoured with spices, and coloured yellow with turmeric.

Ingredients:

150g (1/3 lb) long-grain rice, rinsed and dried
1l (4 cups) boiling water
2 tbsp brown sugar
1 cinnamon stick
1 tsp salt
2 tbsp ground turmeric
75g (2 1/2 oz) seedless raisins
1 tbsp butter (or margarine)

Method:

Boil the water in a pan, add the cinnamon, turmeric, salt and rice. Return to a boil and cook for 20 minutes over high heat. Drain the rice then place in a steamer basked with the cinnamon stick and raisins.

Steam the rice for 40 minutes over boiling water then remove the cinnamon stick and stir in the butter (or margarine). Serve hot as an accompaniment to Bobotie (Curried Meat Loaf).

Fish Breyani

Fish Breyani is a traditional South African (Cape Malay) recipe for a classic layered biriani-style dish of potatoes, rice, lentils, flaked fish and yoghurt topping cooked in an onion sauce.

This is a classic South African recipe for a spicy fish dish that shows the Malay influence on the cuisines of the Cape region. Of course, this is based on the Mogul dish of Biryani which

came to South Africa via a circuitous route through Malaysia and it was Malaysians of Indian origin who brought the dish to South Africa.

Ingredients:

1kg (2 lbs) firm, white fish fillets (this needs to be a fish that flakes easily when cooked [cod, hake, hoki, salmon even mackerel are all good])

For the Marinade:

6 garlic cloves, crushed
1 tsp salt
2 green chillies, finely chopped
1 tsp ground turmeric
1 tsp ground cumin

For the Breyani:

4 tbsp sunflower oil
500g (1 lb) basmati rice, washed and drained
500ml (2 cups) cold water, lightly salted
6 medium potatoes, peeled and cut into 2cm dice
2 onions, finely chopped
125g (1/4 lb) cooked brown lentils (tinned are fine)
250ml (1 cup) hot water
50g (2 oz) butter or ghee
3 cinnamon sticks
5 brown cardamom pods, crushed
5 cloves
5 whole allspice berries
1 handful chopped coriander (leaves and stalks)
1 tomato, blanched, peeled and chopped
3 bayleaves
300ml natural yoghurt
sea salt, to taste
butter for dotting

Method:

Skin the fish fillets and place in a flat-bottomed dish just large enough to hold the fillets. In a bowl, beat together the marinade ingredients. Pour over the fish then turn the fish over in the marinade to ensure that they are evenly and well coated. Cover and set aside to marinate in the refrigerator for at least 30 minutes (2 hours is best).

After this time, heat a tablespoon of the sunflower oil in a large frying pan. Add the fish fillets and fry until golden brown on all sides. Remove from the pan and set aside to cool.

Place the rice in a colander or sieve and place under a cold tap. Wash until the liquid coming from the rice runs clear.

Add a tablespoon more oil to the frying pan. Place over high heat and when hot add the rice, stir the rice until well coated in the oil then stir in the salted water. Bring the mixture to a

boil and cook for 10 minutes. Take off the heat then drain the rice and set aside to cool.

Add the remaining oil to the frying pan and use to fry the potatoes until lightly browned on all sides. Remove with a slotted spoon and set aside. Add the chopped onions to the oil remaining in the pan and fry for about 8 minutes, or until golden brown. Remove half the onions with a slotted spoon and set aside. Add the cinnamon sticks, cardamom pods, cloves, allspice berries, bayleaves, tomato, yoghurt, coriander and salt to the onions remaining in the frying pan. Bring to a simmer then work in the 250ml (1 cup) warm water and cook for 10 minutes, stirring occasionally.

Take a large flame-proof casserole and arrange a layer of potatoes in the base. Sprinkle half the rice on top. Flake the fish and arrange on top of the rice then pour over the onion sauce (remove the bayleaves). Sprinkle over the cooked lentils and top with the remaining rice. Dot the top with butter then sprinkle over the reserved fried onions.

Place a tight-fitting lid on the casserole then seal with a dough made from flour and water. Cook the dish on high heat for five minutes then reduce to a simmer and cook for 30 minutes more (do not be tempted to open the lid). Remove the flour paste seal and serve the breyani straight from the casserole.

Cape Malay Egg Curry

Cape Malay Egg Curry is a traditional South African recipe (from Cape Malay cuisine) for a classic vegetarian supper dish of eggs poached in a curry sauce base.

Ingredients:

1 onion, thinly sliced into rings
2 tbsp sunflower oil
1 small tomato, grated
1/2 tsp ground turmeric
1/2 tsp ground coriander seeds
1/2 tsp hot chilli powder
salt, to taste
1/2 tsp garam masala
8 eggs
2 tbsp coriander leaves (cilantro), to garnish

Method:

Heat the oil in a pan, add the onion and fry gently for about 8 minutes, or until golden brown. Add the tomato and all the spices (apart from the garam masala), bring to a simmer and cook, stirring frequently, for about 10 minutes, or until the flavours are well blended.

Stir in the garam masala then form evenly-spaced depressions in the mixture and crack the eggs into these. Continue cooking until the eggs are set, spooning the hot curry gravy over the eggs every now and then.

Transfer onto plates (two eggs per person) and serve garnished with the coriander leaves. Traditionally these eggs are served with Puris or buttered toast.

Crayfish Curry

Crayfish Curry is a traditional South African recipe (from the Cape Malay community) for a classic curry of crayfish tails in a spiced tomato and green bell pepper base.

Ingredients:

1kg (2 lbs) crayfish (crawfish) tails, in their shells
50ml (3 tbsp) sunflower oil
2 large onions, thinly sliced
2 ripe tomatoes, blanched, peeled and puréed
1 green bell pepper, de-seeded and puréed
2 tsp crushed garlic
1 tsp dried chillies, crushed
1 tsp ground turmeric
2 tsp fish masala
1 tsp ground cumin
1 tbsp fresh lemon juice
1 tsp sugar
1 tsp salt

Method:

Heat the oil in a large saucepan, add the onions and fry for 5 minutes then add the garlic and fry for 3 minutes more.

Stir in the tomatoes, bell pepper and chillies and cook for 10 minutes then add all the remaining spices, the lemon juice, sugar and salt. Bring to a simmer and cook, uncovered, for about 10 minutes or until the gravy is thick.

Add the crayfish tails (in their shell) and cook over medium heat for 15 minutes more.

Serve hot with dhal rice.

Mince Curry with Peas

Mince Curry with Peas is a traditional South African recipe (from the Cape Malay community) for a classic curry of minced (ground) beef in an onion, tomato and spice base finished with potatoes and peas.

Ingredients:

500g (1 lb) beef mince
2 tbsp oil
2 large onions, sliced
1 large tomato, finely grated
2 tsp fresh ginger, crushed
1 tsp garlic, crushed
3 cinnamon sticks
5 cardamom pods, lightly crushed
3 whole cloves

2 tsp toasted masala
1 tsp ground turmeric
1 tsp ground cumin
1 tsp ground coriander seeds
2 potatoes, peeled and quartered
250ml (1 cup) frozen peas

Method:

Heat the oil, add the onions and fry for about 5 minutes, or until transparent. Add the tomatoes and cook for 10 minutes more, or until they begin to break down.

Scatter over the spices and stir to combine then bring to a simmer and cook for 15 minutes more before crumbling in the mince. Stir to combine then cover and cook gently for 20 minutes before adding the potatoes.

Re-cover and cook for about 15 minutes, or until the potatoes are almost tender. Stir in the frozen peas, re-cover and cook for 10 minutes more.

Serve hot, accompanied by rotis, boiled rice and sambals.

Dhal Curry (Cape Malay)

Dhal Curry is a traditional South African recipe (from the Cape Malay community) for a classic curry of lamb in a spiced red lentil base, hot chilli and aubergine (eggplant) sauce with potatoes and okra.

Ingredients:

500ml (2 cups) dhal (red lentils), washed and drained
500ml (2 cups) water
1kg (2 lbs) lamb or mutton, cubed
2 tbsp sunflower oil
2 large onions, sliced thinly
250ml (1 cup) boiling water

For the Marinade:

2 tsp fresh ginger, crushed
1 tsp garlic, crushed
2 cinnamon sticks
3 cardamom pods, crushed
3 whole cloves
1 tsp ground turmeric
2 tsp roasted masala
2 tbsp tomato purée
1/2 tsp palm sugar (optional)
100ml (2/5 cup) water

Method:

Place the dhal in a bowl, mix in the 500ml water and set aside to soak for 60 minutes.

In the meantime, whisk together the marinade ingredients in a bowl. Add the meat, cover and set aside to marinade for 30 minutes.

After this time, heat the oil in a saucepan, add the onions and fry for about 5 minutes, or until soft and golden brown. Add the meat and their soaking marinade. Bring to a simmer, cover and cook gently for about 35 minutes over medium heat, or until the meat is tender.

Drain the dhal and mix with the boiling water then stir into the meat mixture. Bring to a simmer and cook for 20 minutes more, or until the dhal is tender (when it is very soft and mushy).

Take off the heat and serve immediately, accompanied by white rice and a salad.

Mutton Curry

Mutton Curry is a traditional South African recipe (from the Cape Malay community) for a classic curry of mutton or lamb in a spiced tomato-based sauce with potatoes.

This is a true classic of South African Cape Malay cookery. An unctuous curry with a rich gravy that really should be tried.

Ingredients:

500g (1 lb) mutton or lamb, cubed
1 tsp garlic, crushed
2 tsp fresh ginger, crushed
1 tsp ground cumin
1 tsp ground coriander seeds
3 cinnamon sticks
3 cardamom pods, crushed
4 whole cloves
1 tsp ground turmeric
1 tsp hot chilli powder
1 tsp salt
2 tbsp sunflower oil
2 large onions, thinly sliced
150ml (3/5 cup) water
250ml (1 cup) ripe tomatoes, very finely chopped
1/2 tsp sugar
3 medium potatoes, scrubbed and halved
250ml (1 cup) hot water
4 tbsp coriander (cilantro) leaves, finely chopped

Method:

In a bowl, toss the meat with the spices to combine. Set aside for 10 minutes to marinate.

Heat the oil in a large saucepan, add the onions and fry gently for about 8 minutes, or until golden brown in colour. Add the meat and fry briefly, then stir in 100ml water. Bring to a simmer, cover and cook over medium heat for 30 minutes.

Stir in the tomatoes and sugar, bring back to a simmer and cook for 10 minutes more, or

until the tomatoes have broken down. Add the potatoes and the hot water and bring back to a simmer. Cover and cook for 15 minutes, adding more hot water as needed, or until the potatoes are tender.

Turn into a serving dish, garnish with the chopped coriander leaves and serve with rotis, Puris or boiled white rice.

Gheema Curry

Gheema Curry is a traditional South African recipe (from the Cape Malay community) for a classic curry of cubed beef (the gheema) in a spiced base with potato and red leaf masala.

Ingredients:

1 tbsp sunflower oil
2 large onions, thinly sliced
5 cardamom pods, crushed
5 whole cloves
4 cinnamon sticks (2cm long)
2 tomatoes, chopped
2 tsp salt
4 garlic cloves
1 small piece of green (fresh) ginger
1kg gheema (cubed beef steak)
1 tsp ground turmeric
2 tsp red leaf masala
1 tsp ground coriander seeds
1 tsp ground cumin seeds
3 large potatoes, scrubbed and quartered
1/2 tsp sugar

Method:

Combine the oil, onions, cardamom pods, cloves and cinnamon in a large saucepan. Fry gently, covered, for about 8 minutes, or until the onions are golden brown.

Add the chopped tomatoes. Pound together the salt, garlic and ginger in a mortar then stir into the tomato mixture. Bring to a simmer, cover and cook for 8 minutes then add the meat.

Bring back to a simmer and cook, covered, for 15 minutes then add the turmeric, red leaf masala, coriander seeds and cumin seeds. Simmer for 15 minutes more then add about 200ml water (or enough to give a nice gravy). Add the potato pieces and the sugar, bring back to a simmer, cover and cook for about 15 minutes, or until the potatoes are tender.

Serve hot, with rice.

Frikkadel Curry

Frikkadel Curry is a traditional South African recipe (from Cape Malay cuisine) for a classic dish of beef patties bound with breadcrumbs and eggs that are lightly fried before being

cooked in a sauce of beef stock flavoured with spices and thickened with flour before being finished with yoghurt.

Ingredients:

900g (2 lbs) minced (ground) beef
75g (3 oz) breadcrumbs (preferably rye bread)
1 small onion, finely chopped
2 eggs
1/4 tsp nutmeg
1 tsp ground coriander seeds
salt and black pepper, to taste
60ml (1/4 cup) olive oil
400ml (1 2/3 cups) beef stock
1 tbsp flour
1 tbsp cold water
250ml (1 cup) natural yoghurt
1 green chilli, halved
2 bayleaves
1 tsp ground cumin seeds
1 tsp ground coriander seeds
2 tsp toasted masala (any fry curry spice blend)

Method:

Combine the meat, bread, onions and eggs in a bowl. Add the spices and season well then mix thoroughly to combine before forming into 12 patties. Add the oil to a pan and use to fry the beef patties until nicely browned on both sides. Drain on kitchen paper then transfer to a fresh pan along with the beef stock. Bring to a boil, reduce to a simmer and cook, uncovered, for 30 minutes.

Whisk together the flour and water to a slurry and add to the pan along with the green chilli and bayleaves. Stir to mix and cook until the sauce has thickened. Now stir in the spices and the yoghurt. Bring back to a simmer and cook for about 10 minutes more. Serve hot, on a bed of rice.

Sugar Bean Curry

Sugar Bean Curry is a traditional South African recipe (from the Cape Malay community) for a classic curry of lamb and sugar (lima) beans in a spiced tomato base.

Ingredients:

300g (2/3 lb) sugar beans (lima beans)
4 tsp sunflower oil
1 large onion, thinly sliced
500g (1 lb) mutton or lamb, cubed
1 green chilli, chopped
2 tsp garlic, crushed

2 tsp fresh ginger, chopped and crushed
3 cinnamon sticks
1 tsp ground turmeric
2 tsp red leaf masala
1 large tomato, very finely chopped
1 tsp salt, or to taste
1 tsp sugar, or to taste

Method:

Wash the sugar beans, place in a large bowl, cover with plenty of water and set aside to soak over night.

The following day, drain the beans, place in a pan, cover with water then bring to a boil and cook for about 1 hour, or until fairly soft.

Heat the sunflower oil in a large saucepan, add the onions and sweat gently for about 10 minutes, or until golden brown. Add the meat and fry for a few minutes then stir in 200ml water along with the spices and tomato. Bring to a simmer, cover and cook for 30 minutes, or until the meat is almost tender.

Stir in the cooked sugar beans and cook for about 15 minutes more. Finally add the salt and sugar to taste.

Serve hot with rotis or with white rice and atjars.

Caribbean Curries.

Due to the effects of disease on the indigenous population and the slave trade, the population of the Caribbean is predominantly Afro-Caribbean, mainly originating in West Africa. As a result there are several cultural similarities between Caribbean and West African cookery. Europeans also added their own distinctive cuisines. During the 19th century there was significant immigration from India, so that some countries like Trinidad and Tobago have large Indian populations. As a result, curries of various kinds, and other dishes with curry flavours are common in the Caribbean, especially in Trinidad. Indeed, one of the Islands' favourite dishes is 'curried goat'.

However, it could be argued that local 'jerk' seasonings (a blend of native herbs and spices) is very curry-like in nature, and the spice blend resembles curry spice blends, but without the turmeric of course. So the adoption of Indian-style curry blends in the Caribbean is probably not that surprising.

Curried Goat

Curried Goat is a traditional Jamaican recipe for a classic stew of goat meat, potatoes and

carrots in a spiced sauce with curry powder and hot chillies. The full recipe is presented here and I hope you enjoy this classic Jamaican version of: Curried Goat.

Ingredients:

1kg (2 lb, 3 oz) goat meat (with bones), cubed
2 tbsp Jamaican curry powder
2 onions, diced
2 spring onions
1/2 tsp sea salt
1/2 tsp freshly-ground black pepper
2 hot chillies (Scotch Bonnets ideally)
1 tbsp freshly-grated ginger
6 garlic cloves, minced
2 sprigs fresh thyme
1 tbsp butter
225g (1/2 lb) carrots, scraped and diced
225g (1/2 lb) potatoes, peeled and diced

Method:

Combine the curry powder, onions, spring onions, salt, black pepper, chillies, ginger and thyme in a blender with 120ml water. Process until smooth (add more water if too thick) then pour the paste over the meat cubes and rub in thoroughly. Cover the bowl and set aside in the refrigerator to marinate over night.

When ready to cook, scrape the excess marinade off the meat and reserve for later. Melt the butter in a deep-sided frying pan or wok and when it stops frothing add the goat meat and brown gently. When well coloured, ad the carrots, potatoes and reserved marinade before pouring in enough water to cover the meat.

Bring the mixture to a boil then reduce to a simmer and cook for about 90 minutes, or until the meat is completely tender. Serve hot, accompanied by rice and peas

Aloo Pie

Aloo Pie is a traditional Trinidadian recipe for a classic snack of potato turnovers made from boiled potatoes mixed with hot pepper sauce in a flour dough wrapper that's fried before serving.

This is a classic spiced Trinidadian potato turnover, which makes an excellent accompaniment or even a snack.

Ingredients:

For the Dough:

300g (2/3 lb) plain flour
pinch of salt
1/2 tsp baking powder

For the Filling:

450g (1 lb) boiling potatoes, boiled until tender and peeled
1/2 tsp salt
hot pepper sauce (see below), to taste
5 large garlic cloves, crushed

120ml (1/2 cup) vegetable oil, for frying

Method:

Combine the flour, salt and baking powder in a bowl. Add just enough water to bring the mixture together as a dough (about 125ml [1/2 cup]) then turn onto a lightly-floured work surface and knead until smooth and elastic (About 5 minutes). Form into balls about 5cm in diameter then place in a bowl, cover and set aside to rest for 15 minutes).

In the meantime, mash the potatoes then add the salt, hot pepper sauce and garlic and mix thoroughly until well combined.

Take a ball of dough and flatten into a disk about 10cm in diameter. Place about 2 tbsp of the potato mix in the centre then wrap the dough about the filling and pinch the ends together to form a ball. Gently flatten this into an oblong about 12cm long. Repeat the process with the remaining dough and filling.

Now heat the oil in the base of a flat-bottomed wok or pan and when hot add the aloo pies. Fry on both sides until golden brown and cooked through then remove and drain on paper towels. Serve hot.

Caribbean Peanut Chicken

Caribbean Peanut Chicken is a traditional Jamaican recipe for a classic curry-like stew of chicken, chillies and rice in a lighty-spiced panut butter base. This recipe clearly shows the relationship between Caribbean and African cookery, as the dish is very similar to West African peanut soups.

Ingredients:

4 chicken breast fillets, skinned and sliced into thin strips
225g (1/2 lb) white long-grain rice
2 tbsp groundnut oil
1 tbsp butter
1 onion, finely chopped
2 ripe tomatoes, blanched, peeled, de-seeded and chopped
1 fresh green chilli, sliced (in Jamaica a green Scotch bonnet is used, which I love, bit it's too hot for most tastes)
4 tbsp smooth peanut butter
450ml (2 cups less 2 tbsp) chicken stock
lemon juice, to taste
salt and freshly-ground black pepper, to taste
lime wedges, to garnish

sprigs of flat-leaf parsley, to garnish

For the Marinade:

1 tbsp sunflower oil
2 garlic cloves, crushed
1 tsp fresh thyme, chopped
1 1/2 tbsp medium curry powder
juice of 1/2 lemon

Method:

Begin with the marinade. Simply combine all the ingredients in a bowl. Stir in the chicken then cover with clingfilm (plastic wrap) and set aside to marinate in the refrigerator for at least 2 hours.

Bring a pan of lightly-salted water to a boil. Rinse the rice, add to the pan and cook for about 20 minutes, or until tender. Drain the rice then turn into a buttered casserole dish.

When the chicken has marinated sufficiently, heat 1 tbsp of the oil in a flame-proof casserole with the butter. When the mixture has stopped foaming add the chicken pieces and fry for about 5 minutes, or until nicely and evenly browned.

Turn the chicken onto a plate. Add the remaining oil to the casserole and use to fry the onion for about 5 minutes, or until soft and very lightly browned. Add the tomatoes and the chilli and continue cooking over low heat for about 4 minutes, stirring occasionally.

In a jug, mix the peanut butter with the water until smooth. Stir in the fried tomato and onion mixture then add the chicken pieces. Finally stir lemon juice to taste, then season to taste.

Pour this mixture over the rice in the casserole. Cover the casserole dish with a tight-fitting lid, then transfer to an oven pre-heated to 180ºC (350ºF, Gas Mark 4) and bake for about 20 minutes, or until piping hot and cooked through.

When ready, remove from the oven then use a large spoon to toss the rice mixture. Turn into a warmed dish and serve immediately, garnished with lime wedges and sprigs of flat-leaf parsley.

Based on my experience with West African cookery, firm fish would work in this dish just as well as chicken.

Trinidadian Hot Pepper Sauce

Trinidadian Hot Pepper Sauce is a traditional Trinidadian recipe for a classic yellow hot pepper sauce made with scotch bonnet chillies and curry powder.

Ingredients:

225g (1/2 lb) Scotch bonnet chillies, de-seeded and minced (yellow ones for this)
4 pimento (Cayenne) chillies, de-seeded and minced
1 small carrot, peeled and minced
50g (2 oz) golden caster sugar
60ml (1/4 cup) white wine vinegar
60ml (1/4 cup) mustard oil

1 tbsp Jamaican curry powder
1 tbsp ground cumin
1/2 tsp salt
1 tsp freshly-ground black pepper
4 garlic cloves, minced

Method:

Combine all the ingredients in a food processor and purée to a thick paste (if should be the consistency of prepared mustard). Transfer the sauce into a 450ml (1 3/4 cups) glass bottle then seal and store (this will keep, unrefrigerated, for up to 3 months). Add a dash to rice or any Caribbean dish or serve as a condiment. Just remember that this is a VERY hot sauce.

Kuchela

Kuchela is a traditional Trinidadian recipe for a classic relish of dried green mangoes mixed with garlic, hot chillies, amchar masala spices and mustard oil that's used almost ubiquitously to accompany every meal.

This relish (also known as kucheela) is a Trinidadian speciality, made from a mix of air-dried green mangoes, hot chillies, salt, sugar, mustard oil and spices that's used as an accompaniment for almost every meal and is an important addition to Doubles.

Ingredients:

12 green mangoes
1 head of garlic (peel all the cloves)
6 hot chillies (either habaneros [Congo peppers] or Scotch bonnets)
1 tbsp Amchar Masala spice blend
360ml (1 1/2 cups) mustard oil
2 tsp light brown sugar
sea salt, to taste

Method:

Peel and grate the mangoes then place in cloth and squeeze out the excess liquid. Spread out on a flat surface and place out in the sun for 1 day to dry (or place in a low oven for a few hours).

Combine the garlic and peppers and mince finely then turn into a bowl and combine with the mango, sugar, amchar masala and salt (add more salt than you would normally, as this should taste slightly salty).

Now blend in the mustard oil (you can make your own mustard oil by heating the oil and adding 1 tbsp mustard seeds for every 100ml (2/5 cup) of oil; continue heating until the mustard seeds 'pop' then allow to cool and sieve before using) and whisk until smooth. Transfer to a glass jar with a tight-fitting lid and store for at least 2 weeks to mature before using.

Jamaican Prawn Curry

Jamaican Prawn Curry is a traditional Jamaican recipe for a classic curry of prawns in a

lemon juice and chicken stock base with onions that's flavoured with Jamaican curry powder.

Ingredients:

500g (1 lb) peeled prawns (king prawns, for preference)
2 tbsp margarine (or butter)
35g (1/2 cup) onion, finely chopped
2 garlic cloves, finely chopped
1 1/2 tbsp plain flour
1 tbsp Jamaican curry powder
1 tbsp lime juice
360ml (1 1/2 cups) lemon juice
360ml (1 1/2 cups) chicken stock
1/4 tsp salt
1 tsp hot pepper sauce
1 tbsp chopped parsley

Method:

Melt the margarine (or butter) in a frying pan, add the onion and garlic and fry gently for about 3 minutes. Scatter over the flour and curry powder and stir until smooth. Continue cooking for 3 minutes, stirring constantly to avoid burning then whisk in the lemon juice, stock salt and hot pepper sauce. Bring to a simmer and cook over low heat for 4 minutes, stirring constantly.

Add more stock, or water, as necessary then adjust the seasonings to taste. Stir in the prawns and cook until just pink and heated through. Add the lime juice, turn into a warmed bowl, garnish with the chopped parsley and serve, accompanied by steamed rice.

Katchourie

Katchourie is a traditional Trinidadian recipe for a classic snack of vegetable fritters made from yellow split pea puree bound with flour and flavoured with Scotch bonnet chillies that were introduced by Indian immigrants.

Katchouries are vegetable fritters brought by Indian immigrants to Trinidad. They are a common street-side snack. Of course, the original recipe has been adapted to Trinidadian tastes by the addition of a hot Scotch bonnet chilli.

Ingredients:

300g (2/3 lb) yellow split peas
3 garlic cloves, minced
1 small onion, finely chopped
3 fresh pimento (cayenne) chillies, finely chopped
35g (1/2 cup) chives, finely chopped (or 2 spring onions, finely chopped)
50g (2 oz) plain flour
1/2 tsp ground turmeric
2 tsp salt
1 Scotch bonnet chilli, minced

250ml (1 cup) vegetable oil, for frying

Method:

Combine the split peas and 1.5l (6 cups) water in a large bowl. Cover and set aside to soak over night.

The following day, drain the split peas then turn into a food processor and grind to a coarse paste. Turn in to a clean bowl and combine with the garlic, onion, pimento, chives, flour, turmeric, salt and Scotch bonnet chilli. Slowly add water, stirring all the while, until you have a firm but loose dough (about the consistency of meatloaf dough).

Take pieces of the dough and form into patties about 8cm (3 in) wide and 1cm (1/2 in) thick. Now heat the oil in a deep-sided frying pan until hot (test by dropping a cube of bread into the oil; if it sizzles vigorously then the oil is ready). Add the split pea patties and fry on each side until golden brown. Remove with a spatula, drain on paper towels and serve hot with Hot Pepper Sauce.

Katchouries are often sold with Phoulourie and sahina.

Doubles

Doubles is a traditional Trinidadian recipe for a classic breakfast dish of a curried chickpea mash served in a fried yeasted dough and garnished with shredded cucumber, hot pepper sauce and kuchela.

This is a classic Trinidadian breakfast dish of spiced chickpeas served between two pieces of fried dough. These can be sourced commonly around Port of Spain. This is also the snack food of choice after a night on the town.

Ingredients:

For the Dough:

80ml (1/3 cup) warm water (about 40ºC [105ºF])
1/4 tsp sugar
1 tsp active, dried, yeast
300g (2/3 lb) plain flour
1/2 tsp salt
1 tsp ground turmeric
1/2 tsp ground cumin
1/2 tsp freshly-ground black pepper

For the Filling:

300g (2/3 lb) dried chickpeas
1 tbsp vegetable oil
1 onion, thickly sliced
3 garlic cloves, minced
4 1/2 tsp Jamaican curry powder
pinch of ground cumin
salt and freshly-ground black pepper, to taste

Vegetable oil, for frying
finely-shredded cucumber, to garnish
Hot Pepper Sauce, for serving
Kuchela, for serving

Method:

Combine the chickpeas with 1.5l (6 cups) water in a large bowl. Cover and set aside to soak over night.

The following day, begin by preparing the dough. Combine the warm water, sugar and yeast in a small bowl. Whisk to combine then cover and set aside for about 10 minutes, until frothy. In the meantime sift the flour, salt, turmeric, cumin and black pepper into a large bowl. Stir-in the yeast mixture when ready. Bring the mixture together and stir-in just enough additional warm water (about 100ml [2/5 cup]) for form a firm dough. Turn onto a lightly-floured work surface and knead until smooth and elastic then place into a greased bowl, cover with a damp cloth and set aside in a warm place until doubled in volume (about 90 minutes).

As the dough is rising, prepare the filling. Drain the chickpeas then place in a pan along with 1.5l (6 cups) fresh water. Bring to a simmer, cover and cook for about 1 hour, or until the chickpeas are tender then drain and set aside.

Now heat 1 tbsp vegetable oil in a heavy-bottomed pan and use to fry the onions until translucent (about 5 minutes). Add the garlic and fry for 1 minute more before stirring-in the curry powder. Cook for 30 seconds then add 60ml water. Bring to a simmer, add the chickpeas then cover the pan and simmer for 5 minutes. Add 250ml (1 cup) water at this point, along with the cumin, salt and black pepper. Return the mixture to a simmer then lower the heat and cook slowly (uncovered) until the chickpeas are very tender. Take off the heat and set aside.

Now finish the doubles. Knock the dough back and allow to rest for 10 minutes. After this time pinch-off walnut-sized pieces of the dough and flatten each into discs about 11 or 12 cm (5 in) in diameter. Heat about 250ml (1 cup) vegetable oil to about 8cm (3 in) deep in a saucepan or flat-bottomed work. The oil is hot enough when a cube of bread dropped in the oil instantly sizzles very briskly.

Add the dough disks one at a time, turning once until lightly browned on both sides (they will cook quickly and typically are done in about 40 seconds). Lift from the oil and drain on kitchen paper as you prepare the next double.

To serve, place 2 tbsp of the chickpea mixture on each piece of fried dough. Add the cucumber, Hot Pepper Sauce, Kuchela (or mango chutney) then top with a second piece of fried dough and serve.

Phoulourie

Phoulourie is a traditional Trinidadian recipe for a classic snack of fritters made from yellow split pea puree bound with flour and flavoured with hot chilli powder and Indian spices.

This is a dish brought by Indian immigrants to the West Indies. These are fritters of yellow split pea purée combined with flour with baking powder used as a raising agent.

Ingredients:

300g (2/3 lb) yellow split peas
2 garlic cloves, minced
1/2 tsp ground turmeric
1/4 tsp ground cumin
4 tsp baking powder
280g (2 cups) plain flour
1 tsp salt
1/2 tsp hot chilli powder
500ml (2 cups) vegetable oil, for frying

Method:

Wash the split peas then place in a pan with 1.5l (6 cups) water and bring the mixture to a boil. Reduce the heat to a simmer then cover and cook for about 45 minutes, or until the split peas are soft but not mushy. Drain and transfer to a food processor. Grind to a coarse meal (think couscous) then add the garlic, turmeric, cumin, baking powder, salt, flour and chilli powder and pulse to combine.

Turn the mixture into a bowl and gradually add water (about 250ml [1 cup]) until you have a thick but smooth batter.

Heat the oil in a wok or deep saucepan. Bring to 180ºC (360ºF) (when 1/4 tsp of the *phoulourie* batter dropped into the oil immediately bobs to the surface and sizzles vigorously).

Add the batter to the oil by the tablespoon (add only a few at a time so as not to over-crowd the pan) and fry until golden brown, turning frequently. Remove with a slotted spoon as each phoulourie cooks. Drain on kitchen towels and serve hot accompanied by Hot Pepper Sauce.

Trini Curried Pork

Trini Curried Pork is a traditional Trinidadian recipe for a classic pork-based curry flavoured with ginger and soy sauce.

A classic Trinidadian curried pork dish made with the local curry spice blend.

Ingredients:

200g (7 oz) sweet potatoes, peeled and cut into 1cm dice
450g (1 lb) pork, diced
100g (3 1/2 oz) onion, diced
1 tbsp grated ginger
2 tbsp vegetable oil
1 tbsp soy sauce
1/2 tsp salt
1/4 tsp black pepper
250ml (1 cup) chicken stock
2 tbsp Jamaican curry powder

Method:

Add about a 3cm depth of oil to a wok, heat until almost smoking and use to deep fry the sweet potatoes until golden. When ready remove with a slotted spoon and place on kitchen paper to drain.

In the meantime add 2 tbsp vegetable oil to a pan and use to stir-fry the ginger and onion for about 6 minutes, or until the onion is soft. Add the pork and stir fry until lightly browned all over. Whisk together the stock, soy sauce and curry powder in a bowl then pour over the meat and stir-in the salt and black pepper. Bring to a boil then add the fried sweet potatoes. Reduce to a simmer, cover and cook for about 40 minutes, or until the pork is tender. Serve with rice and/or roti.

Trini Curried Shrimp Patty

Trini Curried Shrimp Patty is a traditional Trinidadian recipe for a Caribbean pastry patty filled with prawns (shrimp) in a hot pepper sauce.

Ingredients:

For the Patty Crust:
280g (2 cups) plain flour
1/2 tsp salt
200g (1 cup) lard
240ml (1 cup) cold water
1 tsp ground turmeric or 1/2 tsp Jamaican curry powder or 1/2 tsp ground Annatto Seeds
120ml (1/2 cup) milk

For the Patties
6 Caribbean patty crusts
300g (2/3 lb) prawns, shelled and de-veined
1/4 tsp Scotch bonnet chilli, finely chopped
1 spring onion, finely chopped
1 tbsp Jamaican curry powder
1/4 tsp salt
1/4 tsp brown sugar
1/2 tsp allspice
oil for frying

Method:

Begin by making the patty crusts: Sift together the flour, turmeric (or colouring) and salt into a bowl. Cube the lard then add to the flour mix and rub in with your fingertips until the mixture resembles fine meal. Add just enough water to bind the mixture as a firm dough. Turn onto a lightly-floured surface and knead for a few minutes, or until elastic.

Roll the dough out to about 3mm thick then cut into rounds about 15cm (6 in) in diameter (use a plate as a template). Traditionally these are filled with a whole range of meat or vegetable-based fillings, are folded into half-moon shapes, sealed, glazed with milk then baked in an oven pre-heated to 220ºC (430ºF) for about 20 minutes, or until golden.

If you want a crumblier pastry then when you roll the pastry out, melt some lard, brush this on top of the pastry, fold over then roll out again. Repeat this process of rolling, brushing, folding and rolling 4 times in all. This way you will get a layered pastry that will puff up and become crumbly during baking.

For the filling: Heat a little oil in a frying pan and use to fry the spring onion and chilli for about 2 minutes. Add the prawns and fry for about 4 minutes, or until they are just pink and no longer raw. Now add the salt, brown sugar, curry powder and allspice.

Continue cooking gently for about 5 minutes more then take off the heat. Arrange a patty on your work surface then spoon the meat mixture into one half of the patty (a little over a heaped tablespoon is about right), fold over to form a half-moon shape then seal the edges. Prick the top with a fork to make steam holes, brush with milk to glaze then transfer to a lightly-greased baking tray. Repeat with the remaining patties.

Transfer to an oven pre-heated to 220ºC (430ºF) and bake for about 20 minutes, or until the pastry is golden. Serve warm with a good hot pepper sauce.

Trini Curried Soup

Trini Curried Soup is a traditional Trinidadian recipe for a classic curried soup of cream and eggs.

This is a classic Trinidadian lightly curried cream soup that makes an excellent chilled starter.

Ingredients:

500ml (2 cups) double cream
50g (1/4 cup) sugar
1 tbsp vanilla extract
2 eggs, well beaten
1/2 tbsp Jamaican curry powder
freshly-grated zest of 1 lemon
juice of 1 lemon

Method:

Combine the sugar, vanilla extract, lemon juice and lemon zest in a bowl and beat with a whisk until smooth. Whisk in the curry powder then add the cream and eggs and beat until frothy.

Transfer to a large pan and slowly bring to a boil. Immediately take off the heat, allow to cool to room temperature then chill for at least 2 hours in the refrigerator before serving.

Trinidadian Roti

Trinidadian Roti is a traditional Trinidadian recipe for a local version of the Indian roti puffed bread that's become a Trinidadian staple.

Rotis are classic puffed Indian flatbreads. They were introduced to Trinidad by the large Indian population there and have become a traditional and staple part of the Trinidadian diet. Indeed the combination of roti with curried goat must rank as one of the contenders for

Trinidad's national dish.

Ingredients:

280g (2 cups) plain flour
2 tbsp plain flour
1 tsp salt
35g (1 1/4 oz) powdered milk
2 tbsp baking powder
110g (1/2 cup) butter, chilled and sliced
2 tsp canola oil

Method:

In a bowl, combine the 280g (2 cups) flour, salt, powdered milk and baking powder. Stir with a fork to combine then add just enough water to bring the mixture into a soft but pliable dough. Knead in the bowl until smooth and elastic then cut into four equal pieces, shape these into balls then cover with a tea towel and set aside to rest for 15 minutes.

At the end of this time gently flatten each ball then roll out into circles about 3mm (1/8 in) thick. Spread a quarter of the sliced butter on top of each disk then sprinkle 1/2 tsp of the remaining flour over each. Gather the edges of each circle and bring together as a pouch. Pinch closed then flatten and roll out once more to form a circle 3mm (1/8 in) thick.

Now heat your cast iron griddle or non-stick frying pan. Continue heating until a few drops of water splashed on the surface sizzles. Lightly brush the surface of one roti with oil then place on your pan (oiled side down) then oil the other side. As soon as the roti puffs up turn it over and cook the other side (do not allow to brown). Remove from the pan and set aside to cool for 15 minutes, whilst you prepare the remaining roti in the same fashion.

Serve with a curry or stew (the classic combination would be roti with Curried Goat).

Trinidad Rice with Curried Vegetables

Trinidad Rice with Curried Vegetables is a traditional Trinidadian recipe for a classic dish of boiled rice served with curried bell pepper, onion and pineapple chunks.

Ingredients:

2 tsp olive oil
150g (1/3 lb) red bell pepper, diced
80g (2 1/2 oz) spring onions, sliced
2 tbsp Jamaican curry powder
450g (1 lb) long-grain rice, washed
2 tbsp lime juice
1/2 tsp salt
150g (1/3 lb) pineapple chunks (fresh or tinned, drained)

Method:

Bring a pan of lightly-salted water to a boil then add the rice and cook for about 20 minutes, or until tender.

When the rice is almost ready add the oil to a pan and use to fry the spring onions and bell peppers for about 3 minutes. Add the curry powder and fry for 30 seconds then add the pineapple and fry for 2 minutes more.

Drain the rice, place in a bowl then stir in the lime juice, salt and the vegetable mix. Serve hot.

Trinidadian Chicken Curry

Trinidadian Chicken Curry is a traditional Trinidadian recipe for a classic curry of chicken with green seasoning and West Indian curry powder.

Ingredients:

1 whole chicken (about 1.5kg [3 1/3 lb])
juice of half a lime
3 garlic cloves, minced
1 tsp celery salt
1 tsp freshly-ground black pepper
1 Scotch bonnet chilli, very finely chopped
2 tbsp vegetable oil
4 tbsp Jamaican curry powder
1 tbsp Garam Masala (optional)
250ml (1 cup) water
2 tbsp green seasoning

Method:

Wash the chicken, dry and cut into serving portions. Add the lime juice and rub into the chicken pieces. Set aside for 10 minutes then wash and dry once more. Dry the chicken then rub in the green seasoning, salt, black pepper and chilli. Cover and refrigerate over night.

Add the oil to a heavy pot and fry the garlic until nicely aromatic. Meanwhile whisk the curry powder into the water until you have a smooth paste and add to the pan. Cook briskly until all the water has evaporated away (make certain you stir constantly) then add the chicken and stir well to ensure all the pieces are coated in the curry paste.

Add enough water (about 200ml [4/5 cup]) so the chicken is just covered then bring to a boil, reduce to a simmer, cover and cook for about 40 minutes, or until the chicken is tender and the volume has reduced by a third.

Stir-in the garam masala, cook for 5 minutes more then adjust the salt and hot pepper. Serve with rice and/or roti.

Trini Plantain Curry

Trini Plantain Curry is a traditional Trinidadian recipe for a classic curry of deep-fried plantains in chicken stock.

Ingredients:

5 ripe plantains

pinch of salt
3 garlic cloves, finely chopped
150ml (1/3 lb) chicken stock
3 tsp Jamaican curry powder

Method:

Bring the chicken stock to a boil in a small pan, add the garlic then take off the heat and set aside.

Peel the plantains and cut into 12mm thick slices. Add oil to a depth of 5cm (2 in) in a wok or deep pan then stir-in 2 tsp of the curry powder and add the plantain slices at a time and fry until lightly golden. Remove with a slotted spoon and set aside on kitchen paper to drain.

Allow the plantain slices to cool until they can be handled then flatten by rolling with a glass or rolling pin.

Return the chicken stock to the heat, add the remaining curry powder then bring to a boil and add the fried plantains. Cook for about 10 minutes and serve with roti.

West Indian Pumpkin Curry

West Indian Pumpkin Curry is a traditional West Indian recipe for a classic stew of pumpkin and vegetables in strong vegetable stock flavoured with ginger, chillies and curry powder.

This is a classic West Indian dish of curried pumpkin flavoured with Scotch Bonnet chillies

Ingredients:

3 tbsp vegetable oil
1kg (2 lb, 3 oz) pumpkin, peeled, de-seeded and sliced into large chunks
1 large onion, chopped
1 red bell pepper, de-seeded and roughly chopped
3 garlic cloves, crushed
5cm (2 in) length root ginger, chopped
2 whole Scotch Bonnet chillies

Jamaican curry powder, to taste
salt and freshly-ground black pepper
250ml (1 cup) strong vegetable stock

Method:

Heat the oil in a large saucepan then add the onion, red bell pepper, garlic and ginger. Cook over medium heat, stirring all the while, until the onion is golden brown in colour (about 10 minutes).

Increase the heat then add the curry powder and salt and cook for 1 minute before adding the stock, pumpkin and whole Scotch bonnets. Bring the mixture to a boil then reduce to a simmer, cover and cook for 30 minutes, stirring from time to time.

Serve on a bed of rice. The Scotch Bonnets can be removed or your guests can cut off pieces with a spoon and mash these into the rice.

Caribbean Cook-up

Caribbean Cook-up is a traditional Jamaican recipe for a classic one-pot dish of minced meat, vegetables, pineapple and rice with jerk seasonings that's typically served with an avocado salad. In essence, this is a Caribbean take on the pilau dishes of North India.

Ingredients:

225g (1/2 lb) minced beef, lamb or pork
1 medium onion, chopped
1 garlic clove, crushed
2 celery sticks, chopped
1 green bell pepper, de-seeded and chopped
225g (1/2 lb) tinned pineapple chunks, drained
1 tbsp Jerk Bar-B-Q Sauce (see below)
2 tsp Jerk seasoning (dry spice blend)
100g (3 1/2 oz) long-grain rice, well washed
300ml (1 1/4 cup) stock
salt and freshly-ground black pepper, to taste
2 spring onions, finely chopped, to garnish

Method:

Add the mince, onion, garlic, celery and bell pepper to a pan and dry fry for about 8 minutes, or until browned. Add the barbecue sauce and the jerk seasoning and cook, stirring frequently, for a further 2 minutes.

Now add all the remaining ingredients and bring to a boil. Reduce to a simmer, cover the pan and cook for 20 minutes, stirring occasionally. Add the spring onions and serve immediately, accompanied by an avocado salad.

Jerk Bar-B-Q Sauce

Jerk Bar-B-Q Sauce is a traditional Jamaican recipe for a classic barbecue sauce made from a chicken stock and beer base flavoured with chillies, onions, tamarind, treacle and jerk seasonings that's cooked slowly in a crockpot.

Ingredients:

300ml (1 1/4 cups) chicken stock
720ml (3 cups) dark beer
1 large onion, chopped
1 large red onion, chopped
2 green chillies, roasted and chopped
2 bunches spring onions, chopped
2 tbsp fresh ginger, minced
90g (3 oz) fresh green chillies, chopped
4 tbsp tamarind concentrate
160ml (2/3 cup) black treacle (molasses)

4 tbsp dark brown sugar
15 tbsp Jerk seasoning (dry spice blend)
3 tsp sea salt
2 tbsp soy sauce
2 tbsp white wine vinegar

Method:

Add all the ingredients to a crockpot (slow cooker). Cook on low for about 10 hours, or until the sauce thickens and reduces. Bottle and store in the refrigerator. Serve warm with barbecued meat or as a sauce for burgers.

Restaurant and British Curries.

Restaurant and Takeaway curries have become a part of British culture and the curry is now accepted as part of British cuisine. I was lucky, whilst doing my degree that I had a fried whose uncle ran a Malay-style restaurant in London. Of course, many of the dishes were the standard 'Indian' fare of the day and the basic principles I learnt there are applicable to all kinds of curries. By combining these recipes with a range of other sources I was able to re-create a whole range of restaurant-style curries that people could produce for themselves at home. These are reproduced here.

Ever since Hannah Glasse published the first curry recipe in 1747, curries (or at least the British version of them, using a gravy flavoured with turmeric-based curry powder or paste) have become a feature of the British culinary landscape. Many people find this surprising, as British cookery often brings up the idea of 'bland'. However, though spices have, historically,

been expensive in Britain, they have always been used liberally by those who could afford them. Indeed, since the middle ages at least, the British have had a taste for highly-spiced dishes. What seems to have happened is that curries displaced the traditional spiced dishes of the past.

The first curry house, the *Hindoostanee Coffee House*, was opened in London in 1810 by the British Bengali entrepreneur Sake Dean Mahomed. However, the first modern 'upscale' Indian restaurant in Britain is believed to have been *Veeraswamy,* founded in London's Regent Street in 1926.

From about the 1850s, the majority of immigrants to Britain from the Indian sub-Continent came from the region of Bengal. Indeed, up to the early 1970s, more than three quarters of Indian restaurants in Britain were identified as being owned and run by people of Bengali origin. And up until 1998, 85% of curry restaurants were actually Bengali restaurants, though the recipes and dishes served were influenced by the wider Indian sub-Continent. Today, however, the Bengali dominance of the restaurant scene is declining and there are increasing numbers of Punjabi restaurants and Pakistani restaurants (especially the further north one travels in Britain). So successful have curry restaurants become in Britain that curries invented in Britain (such as the Chicken Tikka Masala are now being exported to India.

There is also the 'Balti', a style of curry served in a steel dish that is thought to have been developed in Birmingham, England. This style has spread to other western countries and are traditionally cooked and served in the same, typically cast iron pot, based on the traditional Pakistani karahi. It is believed that dishes' origins lie in the Pakistani region of Baltistan, from where they were brought and pioneered by South Asian migrants to Britain.

Restaurant-style Curry Sauce

Restaurant Curry Sauce is a traditional Indian recipe for a classic curry sauce of the type typically used by Indian restaurants.

Rather than being an 'authentic' traditional sauce this is the curry sauce actually used in restaurants. This version is derived from a Malaysian-style restaurant, the basic recipe is the same all the way around the world. If you want to make a restaurant-like curry at home, rather than one of the more authentic curries also featured in this book then this is the recipe for you.

Ingredients:

- 450g (1 lb) Onions
- 25g (1 oz) ginger
- 25g (1 oz) Garlic
- 780ml (3 1/4 cups) water
- 1/2 tsp salt
- 1 x 225g (1/2 lb) can Chopped Tomatoes
- 4 tbsp Vegetable Oil
- 1 tsp Tomato Purée
- 1/2 tsp turmeric
- 1/2 tsp Paprika

Method:

Prepare the onions, ginger and garlic by peeling and roughly chopping them. Add the ginger and garlic to a blender and add about 200ml (4/5 cup) of water. Blend to a smooth paste.

Add the onions to a saucepan, put the chopped onions in this along with the ginger and garlic blend and the remainder of the water. Add the salt then bring the mixture slowly to the boil. Once the mixture's boiling turn it down to a very low simmer, affix the lid and cook for 45 minutes. Once done, set aside and leave to cool.

When the mixture has cooled pour about half into a blender and blitz until perfectly smooth (in this case the final mixture needs to be absolutely smooth). Pour the smoothly-blended onion mixture into a clean bowl and then repeat the process on the remaining onion mixture.

Wash and dry the original saucepan and reserve about four tablespoons of the mixture (if you want to freeze the mixture to use later do so at this stage). Alternatively, if you're going to be using the sauce now open a can of tomatoes and pour into the blender and blitz until perfectly smooth,

Meanwhile add the oil to the cleaned saucepan along with the tomato purée, the turmeric and paprika. Heat the oil a little then add the blended tomatoes and bring the mixture to the boil, Turn down the heat and cook, with gentle stirring, for about 10 minutes. At this point add the onion mixture and bring the contents of the saucepan to the boil again. Once boiling turn the heat down to a gentle simmer. If a froth rises at this stage, skim it off.

Keep simmering and skimming-off any froth for 25 minutes (remember to give the mixture a stir every now and again to prevent the mixture from sticking).

The sauce can be used immediately or it can be refrigerated and used for up to 4 days.

Basic Onion Paste

This is one of the real hidden secrets of the curry house curry. Onions slowly sweated down until they caramelize. It his this that gives the basic flavour to many curries, particularly the hotter curries such as Madras and Vindaloo.

Ingredients:

2 large white onions, coarsely chopped
4 garlic cloves, coarsely chopped
3 tbsp vegetable oil
pinch of ground cumin

Method:

Combine the onion and garlic in a blender. Pulse to chop then add just enough water to allow the blender blades to move freely. Process to a smooth paste.

Heat the oil in a wok or pan over high heat. When the oil is hot (but not smoking) scrape in the onion mix. Cook, stirring constantly, until the onion mix is almost dry. Add the cumin and stir to combine then reduce the heat and continue cooking, stirring constantly, until the mixture thickens to a bread dough consistency. This last stage will take a while, but do not take your eye off the onion mix and do not stop stirring. It is imperative that the onion paste does not burn, otherwise it will be bitter and you will have to throw the whole thing away.

Take off the heat, place in a bowl and allow to cool then store in the refrigerator until

needed. If you taste the paste at this stage it will not seem all that good. 'Soapy' is the general adjective applied to it. Do not worry, this is the effect you are looking for.

Indian Cooked Chicken

Indian Cooked Chicken is a traditional Indian method of pre-cooking chicken for use later use in curries. This is exactly the method that Indian restaurants use.

Ingredients:

5 large chicken breasts (about 1kg when the skin and bones have been removed)
6 tbsp vegetable oil
1 tsp turmeric
4 tbsp uncooked curry sauce

Method:

Trim the chicken breasts of any fat and sinew then cut into 8 equal-sized portions. Wash well then pat dry on kitchen paper. Add all the other ingredients (apart from the chicken) to a pan or wok, and cook on medium heat, stirring continuously, until the sauce begins to darken in colour (about 5 minutes).

Now add the chicken pieces and stir until thoroughly coated in the sauce. Turn the heat down to the lowest possible simmer, cover with a lid and cook for about 20 minutes, stirring frequently, until the chicken is tender.

Remove the chicken pieces and either use immediately in other dishes or allow to cool and store in the refrigerator for up to 4 days or freeze for up to 2 months.

Tandoori Chicken

Tandoori Chicken is a traditional Indian recipe for a chicken grilled in a spiced yoghurt coating. The version presented here is the classic Indian Restaurant form of the dish.

A truly classic Indian dish that's easier to make than most people think and which goes down a storm at barbecues.

Ingredients:

To prepare Garam Masala

25 cardamom pods (seeds only)
70g (2 1/2 oz) whole black peppercorns
50g (2 oz) whole cumin seeds
40g (1 1/2 oz) whole coriander seeds
20cm cinnamon sticks (ie 4 x 5cm lengths [4 x 2 in])
4–6 whole cloves

For the Curry:

1 medium onion (finely chopped)
6 cloves garlic (finely chopped)
5cm (2 in) piece of ginger (finely chopped)

3 tbsp lemon juice
240ml (1 cup) yogurt
1 tbsp ground coriander
1 tsp ground cumin
1 tsp ground turmeric
1 tsp Garam Masala (as made above)
1/4 tsp ground mace
1/4 tsp ground nutmeg
1/4 tsp ground cinnamon
4 tbsp olive oil
2 tsp salt
1/4 tsp freshly-ground black pepper
1/4–1/2 tsp ground cayenne pepper (optional)
1/4 tsp sumac for red colouring (optional)

Method:

First make the basic spice blend for Garam Masala by adding the 6 spices at the top of the list to a pestle and mortar and grinding to mix to a fine powder (If stored in a tightly-covered container, away from sunlight and dampness, this will keep for a couple of months. Makes about a cup.)

Add the onion, garlic, ginger and lemon juice into the beaker of a hand blender and blitz at high speed until it forms a smooth paste. Tip into a bowl and mix wit the yoghurt, coriander, cumin, turmeric, Garam Masala, mace, nutmeg, cinnamon, olive oil, salt, ground pepper, cayenne pepper and sumach.

Now prepare the chicken by skinning 6 chicken legs and 3 chicken breasts. Then, with a sharp knife make 3 diagonal slashes on each breast and two diagonal slashes on each thigh, going halfway to the bone, then jab each drumstick 4 or 5 times. Put the chicken in the marinade prepared above and thoroughly rub the mixture into each piece. Cover and leave refrigerated for 24 hours. Where possible, turn the chicken 4 or 5 times while it is marinating.

To cook heat a grill, shake excess marinade from the chicken pieces and cook for 4–5 minutes per side. Then, return the chicken to a casserole dish containing the excess marinade and cook in a pre-heated over at 150ºC (300ºF) for another 20–25 minutes, turning half-way through and basting with the marinade. For extra crispness, dribble a bit of oil along the length of the chicken pieces near the end and place back under the grill.

Garnish with a thinly-sliced fried onion and slices of lemon cut lengthwise. Serve with pilau rice.

Lamb Tikka

Lamb Tikka is a traditional Indian recipe for a classic version of tandoor-style lamb cooked in the manner of an Indian restaurant.

Ingredients:

400g (1 lb, scant) Lean Lamb taken from the leg

250ml (1 cup) Restaurant Tandoori Marinade

Method:

The lamb for this dish must be very lean. Cut thick strips from the leg or use pre-prepared lamb steaks (which originate from the same area). Place the lamb steaks and the tandoori marinade and ensure that all the lamb is covered. Cover bowl and refrigerate for at least six hours (preferably overnight).

When ready pre-heat your oven to at least 220ºC (430ºC) then shake-off the excess marinade from the lamb place on a wire rack insert into a roasting tin and bake near the top of your oven for a minimum of fifteen minutes (twenty minutes if you like your lamb well done)..

Serve immediately with lemon wedges and a yoghurt mint sauce.

Chicken Tikka

Chicken Tikka is a traditional Indian recipe for a classic version of chicken in a yoghurt, chilli and turmeric sauce flavoured with restaurant-style curry sauce.

Ingredients:

4 Chicken Breast Fillets
4 tbsp Plain Yoghurt
1/2 tsp Red Chilli Powder
1/2 tsp Salt
2 tbsp Vegetable Oil
1/2 tsp turmeric
2 tbsp Restaurant curry sauce

Method:

This is a lighter dish that the lamb tikka and although only lightly spiced it is succulent and very tasty. Essentially the tikka sauce is a cut-down version of the standard tandoori sauce (which is why it is included here).

Cut each breast fillet into six equal-sized chunks then dry with kitchen paper. Place all other ingredients in a bowl and whisk until smooth. Add the chicken pieces to this, mix well, cover with clingfilm and refrigerate for a minimum of six hours (preferably for 12 hours or more).

When ready pre-heat your oven to at least 220ºC (450ºF) then shake-off the excess marinade from the chicken and place the pieces on a wire rack insert into a roasting tin and bake near the top of your oven for a minimum of ten minutes, or until cooked through.

Serve immediately with lemon wedges and a yoghurt mint sauce.

Tandoori Fish

Tandoori Fish is a traditional Indian recipe for a classic dish of fish cooked in a tandoori sauce, made as an Indian restaurant would make it.

Ingredients:

350g (13 oz) Skinned White Fish
250ml (1 cup) Restaurant Tandoori Marinade

Method:

For this dish any firm white fish will do (cod, haddock, hoki, skate for example). Cut the fish into cubes of about 2.5cm (1 in) a side. Add the marinade to a bowl and place the fish pieces in this, ensuring that they are all coated. Cover with clingfilm and refrigerate for a minimum of 6 hours (12 to 18 hours is best).

When ready pre-heat your oven to at least 220ºC (430ºF) then shake-off the excess marinade from the fish and place on a wire rack insert into a roasting tin and bake near the top of your oven for about seven to eight minutes.

Serve immediately with lemon wedges and a yoghurt mint sauce.

Tandoori King Prawns

Tandoori King Prawns is a traditional Indian recipe for a classic dish of king prawns cooked in a tandoori sauce, made as an Indian restaurant would make it.

Ingredients:

20 king prawns
250ml (1 cup) Restaurant Tandoori Marinade

Method:

Remove the shells and beards from the king prawns, wash and drain. Mix the prawns and marinade in a bowl and leave to marinade for ten minutes.

When ready pre-heat your oven to at least 220ºC (430ºF) then shake-off the excess marinade from the fish and place on a wire rack insert into a roasting tin and bake near the top of your oven for about seven to eight minutes. [You can also grill the prawns under a very hot grill for five minutes, turning once.]

Serve immediately with lemon wedges and a yoghurt mint sauce.

Bhuna Ghost

Bhuna Ghost is a traditional Indian recipe for a classic lamb curry with chillies and garam masala, prepared as it would be in an Indian restaurant.

Ingredients:

50g (2 oz) Mushrooms
1/2 green bell pepper
6 tbsp Vegetable Oil
425ml (1 4/5 cups) Restaurant curry sauce
450g (1 lb) Leg of Lamb, cubed
1 tsp Salt
1/2 tsp Chilli Powder
1 green chilli, finely chopped

2 tsp Paprika (for colour)
1 1/2 tsp Garam Masala
1 tsp ground cumin
1/2 tsp methi (fenugreek) leaves
1 tbsp Fresh coriander leaves, finely chopped

Method:

First prepare the lamb by dicing the meat into 2.5cm cubes. Add about 5 tbsp of oil in a frying pan and place 4 tbsp of reserved curry sauce (as described in the Restaurant curry sauce recipe). Fry for about 5 minutes until it darkens. Now add the meat and stir until coated. Turn down the heat to a simmer, cover and cook for about 35 minutes until the lamb is done. Allow to cool and set aside in the fridge until needed (you may even freeze the lamb in ready to use packets).

Wash the green bell pepper and thinly slice this along with the mushrooms. Take the biggest frying pan you have, add the oil to this and fry the pepper and mushrooms over medium heat for about five minutes. Add the curry sauce, lamb, chillies, salt and paprika. Bring this mixture to a boil and continue cooking for five minutes.

After it's cooked out add the garam masala, cumin, making sure everything is stirred-in properly, then sprinkle the coriander on top and serve.

If you like your curries hotter then you can, of course add more chillies to the dish.

Lamb Dupiaza

Lamb Dupiaza is a traditional Indian recipe for a classic lamb curry with chillies, tomatoes and garam masala, prepared as it would be in an Indian restaurant.

Ingredients:

6 tbsp Vegetable Oil
2 Small Onions (sliced into rings)
425ml (1 4/5 cups) Restaurant curry sauce
450g (1 lb) Leg of Lamb, cubed
1 tsp Salt
1 tsp Chilli Powder
1 tsp Garam Masala
1 tsp ground cumin
1/2 tsp ground coriander
1/2 tsp methi (fenugreek) leaves
1 tbsp Fresh Coriander, finely chopped

Method:

First prepare the lamb by dicing the meat into 2.5cm (1 in) cubes. Add about 5 tbsp of oil in a frying pan and place 4 tbsp of reserved curry sauce. Fry for about 5 minutes until it darkens. Now add the meat and stir until coated. Turn down the heat to a simmer, cover and cook for about 35 minutes until the lamb is done. Allow to cool and set aside in the fridge until needed

(you may even freeze the lamb in ready to use packets).

Heat the vegetable oil in a large frying pan, and when sizzling add the sliced onions and fry until translucent. When done pour the curry sauce into the frying pan, mix in with the onions and bring to a gentle simmer. Add the lamb, salt and lamb to this, stir in well and cook over medium heat for about 10 minutes, stirring occasionally. (By this point the sauce should be quite thick).

Turn the heat down to a simmer and add the garam masala, cumin, ground coriander and the methi curry leaves. Allow to cook over medium heat for about 4 minutes then take the curry off the heat, allow to settle for a minute, skim-off any excess oil and serve sprinkled with the chopped coriander.

Lamb Jalfrezi

Lamb Jalfrezi is a traditional Indian recipe for a classic lamb curry with chillies, prepared as it would be in an Indian restaurant.

Ingredients:

6 tbsp Vegetable Oil
425ml (1 4/5 cups) Restaurant curry sauce
450g (1 lb) Leg of Lamb, cubed
1 Large onion, finely chopped
2 Red Chillies, finely chopped
2 Green Chillies, shredded lengthways
3 Tomatoes, thickly sliced
1 tsp Salt
2 tsp Paprika
2 tsp Chilli Powder
2 tsp Garam Masala
2 tsp ground cumin
2 tsp ground coriander
1 tsp Crushed Garlic
1 1/2 tsp Grated Fresh ginger
1 tsp Ground fenugreek seeds
2 tbsp Fresh coriander leaves, finely chopped

Method:

First prepare the lamb by dicing the meat into 2.5cm (1 in) cubes. Add about 5 tbsp of oil in a frying pan and place 4 tbsp of reserved Curry Sauce. Fry for about 5 minutes until it darkens. Now add the meat and stir until coated. Turn down the heat to a simmer, cover and cook for about 35 minutes until the lamb is done. Allow to cool and set aside in the fridge until needed (you may even freeze the lamb in ready to use packets).

Heat the vegetable oil in a large frying pan, add the garlic and ginger and fry for 2 minutes. At the end of this time add the onions and red chillies and fry over medium heat until translucent. Now add the curry sauce and cook until just boiling. Now add the meat, salt, paprika, chilli powder, ground cumin, ground coriander and ground fenugreek. Mix into the curry sauce and

cook over medium heat for about 10 minutes. Now add the garam masala and tomatoes. Reduce the heat to a simmer and cook for about five minutes.

Take the curry off the heat, allow to settle for a minute, skim-off any excess oil and serve sprinkled with the chopped coriander and the shredded green chillies.

This is my favourite curry dish and I like it hot... If you're not that much of a chilli fiend then reduce the amount of green chillies for your own taste.

Lamb Pasanda

Lamb Pasanda is a traditional Indian recipe for a classic lamb curry with chillies in a yoghurt-based dressing prepared as it would be in an Indian restaurant.

Ingredients:

4 tbsp Vegetable Oil
425ml (1 4/5 cups) Restaurant curry sauce
450g (1 lb) Lean Lamb cut into 7cm x 5cm x 0.5cm (3 x 2 x 1/4 in) strips
1 tsp Salt
1 tsp Paprika
1/2 tsp Garam Masala
200ml (4/5 cup) Plain Yoghurt
4 tbsp Double Cream
1 tsp ground cumin
1 tbsp Fresh coriander leaves, finely chopped

Method:

Wash the meat, remove from the bone (if using leg) and cut into slices of about 7cm by 5cm by 0.5cm thick. Bring a large pan of salted water to the boil, add the meat to this and boil for about 15 minutes.

Meanwhile mix the yoghurt and salt together in a large bowl. Transfer the cooked meat (whilst still hot) onto the yoghurt with a slotted spoon. Stir the meat to ensure that it is completely coated and place in the fridge to marinate for at least six hours (over-night is best).

Heat the vegetable oil in a large frying pan, add the curry sauce to this and bring to the boil. As soon as this boils add the salt and paprika and boil on high heat for five minutes, stirring frequently.

Turn the heat down to a simmer and add the garam masala and cumin along with the marinated meat (shake-off as much of the yoghurt as you can). Stir this in and simmer for five minutes.

Take the curry off the heat, allow to settle for a minute, skim-off any excess oil and add the cream and half the coriander. Return to the heat and simmer for a minute.

Serve sprinkled with the remaining chopped coriander.

Lamb Dhansak

Lamb Dhansak is a traditional Indian recipe for a classic lamb curry with chillies and

lentils prepared as it would be in an Indian restaurant.

Ingredients:

6 tsp Vegetable Oil
275ml (1 cup + 2 tbsp) Restaurant curry sauce
450g (1 lb) Tarka Dal
450g (1 lb) Leg of Lamb, cubed
1/2 tsp Salt
1/2 tsp Chilli Powder
1 Green Chilli, finely chopped
1 1/2 tsp Garam Masala
1 tsp ground cumin
2 tbsp Lemon Juice
1 tbsp Fresh coriander leaves, finely chopped

Method:

First prepare the lamb by dicing the meat into 2.5cm (1 in) cubes. Add about 5 tbsp of oil in a frying pan and place 4 tbsp of reserved curry sauce (as described in the Restaurant curry sauce recipe). Fry for about 5 minutes until it darkens. Now add the meat and stir until coated. Turn down the heat to a simmer, cover and cook for about 35 minutes until the lamb is done. Allow to cool and set aside in the fridge until needed (you may even freeze the lamb in ready to use packets).

Heat the vegetable oil in a large frying pan, add the curry sauce and the lentil dal to this and bring to the boil. As soon as this boils add the meat, chilli powder, green chilli and salt. Stir these ingredients into the curry sauce and cook for 5 minutes, with frequent stirring.

Turn the heat down to a simmer and cook for a further five minutes, stirring occasionally.

Take the curry off the heat, allow to settle for a minute and skim-off any excess oil. Now add the garam masala, ground cumin and lemon juice. Return to the heat for tow minutes then serve sprinkled with the chopped coriander.

Tarka Dal

Tarka Dal is a traditional Indian recipe for a classic curry of lentils flavoured with garam masala prepared as it would be in an Indian restaurant.

Ingredients:

115g (1/4 lb) Red Split Lentils
4 tbsp melted vegetable ghee
700ml (3 cups) water
1 Small onion, chopped
1 tsp Salt
3 garlic cloves, finely-chopped
pinch turmeric
1/2 tsp Garam Masala

1 tomato, chopped
2 tbsp Fresh coriander leaves, finely chopped

Method:

Wash the lentils in several changes of water then place in a saucepan, add the 700ml (3 cups) of water and the salt then bring to a boil. Once the water boils turn the heat down to a simmer. Cook uncovered for the first 20 minutes, and skim-off any froth that collects during this time. At the end of this time partly cover the pan with a lid. Cook for a further 40 minutes, stirring occasionally (at which point the mixture should resemble a pale yellow soup).

While the dal (lentils) are cooking heat the vegetable ghee (alternatively use concentrated butter or vegetable oil) in a frying pan, add the onion and garlic until the onions turn a pale brown in colour. Add the turmeric and garam masala to the onions and fry for a few seconds before turning off the heat.

Finally stir the fried onion mixture into the cooked lentils, sprinkle with the chopped tomato and chopped coriander then serve immediately.

Chicken Curry

Chicken Curry is a traditional Indian recipe for a classic curry of chicken prepared as it would be in an Indian restaurant.

Ingredients:

5 tbsp Vegetable Oil
425ml (1 3/4 cups) Restaurant curry sauce
450g (1 lb) Chicken breast, sliced
1 tsp turmeric
1 level tsp Salt
pinch Chilli Powder
1 tsp Garam Masala
1/2 tsp ground cumin
pinch Dried methi (fenugreek) curry leaves
1/2 Tomato, thinly sliced
1 tbsp Fresh coriander leaves, finely chopped

Method:

First prepare the chicken by taking about five breasts. Remove the skin, any bones and fat then cut into eight equal-sized portions. Wash these and drain. Add about 4 tbsp of vegetable oil to a large saucepan along with 1 tsp of turmeric and 4 tbsp of reserved curry sauce (as described in the Restaurant curry sauce recipe). Cook on a medium heat for about four minutes until the sauce darkens and thickens then add the chicken. Ensure they are well-coated with sauce then turn down the heat, cover the pan and continue cooking for 15 minutes stirring frequently. At the end of this time take the chicken pieces out and transfer to a clean dish. They can be used immediately, refrigerated for up to 4 days or frozen for up to 2 months.

Heat the vegetable oil in a large frying pan, add the curry sauce to this and bring to the boil.

As soon as this boils add the meat, chilli powder and salt. Stir these ingredients into the curry sauce and cook for 5 minutes, with frequent stirring.

Turn the heat down to a simmer and add the garam masala, cumin and methi curry leaves. Simmer the mixture for about 2 minutes then add the tomato and half the coriander and cook for two minutes.

Take the curry off the heat, allow to settle for a minute, skim-off any excess oil and serve sprinkled with the chopped coriander.

This is a fairly simple curry and to make it more interesting many restaurant chefs will add a teaspoon of Tandoori Marinade during the final two minutes of cooking to improve both the flavour and colour of the dish. You can also replace the chicken in this dish with just about any meat you wish. Vary the heat by using a mixture of chilli powder and finely-chopped green chillies. You can go anywhere from very mild to extreme Vindaloo heat.

Chicken Bhuna Masala

Chicken Bhuna Masala is a traditional Indian recipe for a classic curry of chicken with mushrooms and lamb spiced with garam masala that's prepared as it would be in an Indian restaurant.

Ingredients:

450g (1 lb) Chicken breast, sliced
1 tsp turmeric
50g (2 oz) Mushrooms
1/2 green bell pepper
6 tbsp Vegetable Oil
425ml (1 3/4 cups) Restaurant curry sauce
450g (1 lb) Leg of Lamb, cubed
1 tsp Salt
1/2 tsp Chilli Powder
1 green chilli, finely chopped
2 tsp Paprika (for colour)
1 1/2 tsp Garam Masala
1 tsp ground cumin
1/2 tsp methi (fenugreek) curry leaves
1 tbsp Fresh coriander leaves, finely chopped

Method:

First prepare the chicken by taking about five breasts. Remove the skin, any bones and fat then cut into eight equal-sized portions. Wash these and drain. Add about 4 tbsp of vegetable oil to a large saucepan along with 1 tsp of turmeric and 4 tbsp of reserved curry sauce (as described in the Restaurant curry sauce recipe). Cook on a medium heat for about four minutes until the sauce darkens and thickens then add the chicken. Ensure they are well-coated with sauce then turn down the heat, cover the pan and continue cooking for 15 minutes stirring frequently. At the end of this time take the chicken pieces out and transfer to a clean dish. They can be used

immediately, refrigerated for up to 4 days or frozen for up to 2 months.

Slice the mushroom and pepper then add to the oil heated in a large frying pan and fry on medium heat for about five minutes. At this point add the chicken, curry sauce, salt chilli powder, chillies and paprika. Bring the mixture to the boil and continue cooking for five minutes with frequent stirring.

Turn the heat down a little and add the garam masala, cumin and methi curry leaves then cook for a further five minutes. stirring occasionally.

Take the curry off the heat, allow to settle for a minute, skim-off any excess oil and serve sprinkled with the chopped coriander.

This is a fairly simple curry and to make it more interesting many restaurant chefs will add a teaspoon of Tandoori Marinade during the final two minutes of cooking to improve both the flavour and colour of the dish. You can also replace the chicken in this dish with just about any meat you wish. Vary the heat by using hotter or milder chillies

Chicken Tikka Masala

Chicken Tikka Masala is a traditional British recipe for a classic curry of chicken in a cream-based sauce that's prepared as it would be in an Indian restaurant.

This, by now is a classic dish whose origins has become almost mythic. Most believe that it was invented by Bangladeshi immigrants to Britain (and origins have been ascribed to several cities from London through Manchester to Glasgow). Indeed, the tikka masala recipe has been so successful that it has been imported back to the Indian subcontinent and it is now though of as the 'classic' Indian dish all over the world. However, there is no single definitive version of this dish and the version below is based on a Manchester restaurant version:

Ingredients:

4 tbsp vegetable oil
3 breasts Chicken Tikka
425ml (1 3/4 cups) Restaurant curry sauce
2 tsp Paprika
1 tsp Salt
1/2 tsp Chilli Powder
1 tsp Garam Masala
1/2 tsp ground cumin
6 tbsp Single Cream
1 tbsp Fresh coriander leaves, finely chopped

Method:

Heat the oil in a large deep-sided frying pan, add the curry sauce and bring to the boil. As soon as the mixture's boiling add the paprika, salt and chilli powder. Cook for five minutes, stirring continually. Turn down the heat and add the garam masala and cumin. Cook for a further three minutes.

Meanwhile halve each piece of chicken tikka and add to the curry sauce mixture once it's done. At the same time add the cream and simmer for three minutes, until the chicken has heated

through.

Take off the heat, sprinkle with the fresh coriander and serve immediately.

Makhan Chicken

Makhan Chicken is a traditional Indian recipe for a classic curry of chicken in a cream-based, tomato and lemon juice sauce that's prepared as it would be in an Indian restaurant.

Ingredients:

4 Tandoori Chicken pieces
50g (2 oz) Unsalted Butter
275ml (1 cup + 2 tbsp) Restaurant curry sauce
2 tbsp Tomato Purée
1 tsp Garam Masala
1 green chilli, finely chopped
3 tsp Lemon Juice
1/2 tsp ground cumin
1/2 tsp Salt
275ml (1 cup + 2 tbsp) Single Cream
1 tbsp Fresh coriander leaves, finely chopped

Method:

In effect this is a creamy sauce to add to Tandoori Chicken. Time the sauce to be ready at the same time the Tandoori Chicken comes out of the oven.

In a large, deep-sided frying pan melt the butter and add the curry sauce, tomato purée, garam masala, salt, cumin, chilli, coriander and lemon juice. Mix well and bring to a simmer. Cook on medium heat for about a minute then add the cream, stir in and cook for a further minute.

When the Tandoori Chicken is ready add to he sauce, coat the chicken well and serve immediately.

Chicken Biryani

Chicken Biryani is a traditional Indian dish of layered rice and meat. This, however, is not the richly flavoured authentic version, but the simpler dish that would be served in your local Indian restaurant.

A Briyani is a traditional North Indian consisting of layers of rice and meat flavoured with plenty of ghee and saffron. This makes a traditional biryani a very expensive meal (which is why it was only served at major festive occasions. The recipe given here is for the modern restaurant version, which includes less ghee and omits the saffron, making it a far more cost-effective dish. Indeed, this is exactly the same kind of Biryani that you will be served at your local Indian restaurant.

Ingredients:

450g (1 lb) Indian cooked chicken
2 tbsp vegetable oil

1 tbsp cashew nuts, roughly chopped
1 tbsp sultanas
800g (1 2/3 lb) Pilau Rice
1l (4 cups) cooked curry sauce
1 tsp garam masala
1 tsp hot chilli powder (or to taste)
1/2 tsp salt

Method:

Halve each chicken piece then set aside. Meanwhile heat the oil in a wok, add the nuts and cook until lightly golden, remove with a slotted spoon and set aside. Add the sultanas to the wok and remove within a second or two (as soon as they've plumped up) and set aside.

Add the chicken pieces to the wok. Stir to coat and instantly turn down the heat to low. Warm the rice either in a pan or a microwave and add to the chicken. Heat for 2 or 3 minutes, stirring very gently so you don't break the grains (if you can it's better to toss the mixture than stirring as this will preserve the rice). Transfer the rice and meat mixture to a serving dish and keep warm in the oven.

Add the curry sauce to a separate pan, bring to a simmer then add the garam masala, the chilli powder and the salt. Pour the sauce into serving dishes then sprinkle the biryani with the nuts and sultanas and serve.

Lamb Biryani

Lamb Biryani is a traditional Indian dish of layered rice and meat. This, however, is not the richly flavoured authentic version, but the simpler dish that would be served in your local Indian restaurant.

A Briyani is a traditional North Indian consisting of layers of rice and meat flavoured with plenty of ghee and saffron. This makes a traditional biryani a very expensive meal (which is why it was only served at major festive occasions. The recipe given here is for the modern restaurant version, which includes less ghee and omits the saffron, making it a far more cost-effective dish. Indeed, this is exactly the same kind of Biryani that you will be served at your local Indian restaurant.

Ingredients:

450g (1 lb) roast or cooked lamb
2 tbsp vegetable oil
1 tbsp cashew nuts, roughly chopped
1 tbsp sultanas
800g (1 2/3 lb) Pilau Rice
1l (4 cups) cooked curry sauce
1 tsp garam masala
1 tsp hot chilli powder (or to taste)
1/2 tsp salt

Method:

Cube the lamb into pieces about 3cm (1 in) per side. Meanwhile heat the oil in a wok, add the nuts and cook until lightly golden, remove with a slotted spoon and set aside. Add the sultanas to the wok and remove within a second or two (as soon as they've plumped up) and set aside.

Add the lamb pieces to the wok. Stir to coat and instantly turn down the heat to low. Warm the rice either in a pan or a microwave and add to the lamb. Heat for 2 or 3 minutes, stirring very gently so you don't break the grains (if you can it's better to toss the mixture than stirring as this will preserve the rice). Transfer the rice and meat mixture to a serving dish and keep warm in the oven.

Add the curry sauce to a separate pan, bring to a simmer then add the garam masala, the chilli powder and the salt. Pour the sauce into serving dishes then sprinkle the biryani with the nuts and sultanas and serve.

Prawn Biryani

Prawn Biryani is a traditional Indian dish of layered rice and meat. This, however, is not the richly flavoured authentic version, but the simpler dish that would be served in your local Indian restaurant.

A Briyani is a traditional North Indian consisting of layers of rice and meat flavoured with plenty of ghee and saffron. This makes a traditional biryani a very expensive meal (which is why it was only served at major festive occasions. The recipe given here is for the modern restaurant version, which includes less ghee and omits the saffron, making it a far more cost-effective dish. Indeed, this is exactly the same kind of Biryani that you will be served at your local Indian restaurant.

Ingredients:

350g (2/3 lb) shelled prawns
2 tbsp vegetable oil
1 tbsp cashew nuts, roughly chopped
1 tbsp sultanas
800g (1 2/3 lb) Pilau Rice
1l (4 cups) cooked curry sauce
1 tsp garam masala
1 tsp hot chilli powder (or to taste)
1/2 tsp salt

Method:

Add the prawns to a little hot oil and fry for about 4 minutes, or until pink and cooked. Remove with a slotted spoon and set aside. Meanwhile heat the oil in a wok, add the nuts and cook until lightly golden, remove with a slotted spoon and set aside. Add the sultanas to the wok and remove within a second or two (as soon as they've plumped up) and set aside.

Add the prawns to the wok. Stir to coat and instantly turn down the heat to low. Warm the rice either in a pan or a microwave and add to the prawns. Heat for 2 or 3 minutes, stirring very

gently so you don't break the grains (if you can it's better to toss the mixture than stirring as this will preserve the rice). Transfer the rice and meat mixture to a serving dish and keep warm in the oven.

Add the curry sauce to a separate pan, bring to a simmer then add the garam masala, the chilli powder and the salt. Pour the sauce into serving dishes then sprinkle the biryani with the nuts and sultanas and serve.

Chicken Balti

This is a classic British recipe (modern Baltis were invented in Birmingham, based on a Pakistani original) for a classic sizzling curry of chicken and bell peppers in a spicy tomato-based gravy that's traditionally served in the cast iron balti dish in which it is cooked.

Ingredients

1 red bell pepper, de-seeded and cut into 1cm squares
1 green bell pepper, de-seeded and cut into 1cm squares
1 medium onion, cut into chunks
3 red chillies, coarsely chopped (Jalapeño types are good, but you can use milder or hotter)
3 green chillies, coarsely chopped (Jalapeño types are good, but you can use milder or hotter)
1 tsp cumin seeds
2 chicken breasts, skinned and cut into bite-sized pieces
3 chicken thighs, skinned, boned and cut into bite-sized pieces
1 tsp paprika
1 tsp ground turmeric
1/2 tsp ground cinnamon
200ml (4/5 cup) Restaurant curry sauce
1 tsp tomato purée
salt, to taste
1 tsp garam masala
2 tbsp ghee or groundnut oil
fresh coriander leaves, chopped, to garnish

Method:

Place a wok (or balti dish or karahi) over high heat, add 1 tsp of the oil and use to fry the bell pepper pieces for a few minutes, or until lightly browned. Remove with a slotted spoon and set aside. Add 2 tsp of the remaining oil to the wok then fry the chicken pieces, in batches, until nicely browned on all sides. When the chicken pieces are well coloured, remove with a slotted spoon and set aside as you cook the next batch.

Add the remaining 1 tbsp and when hot use to fry the onion, chilies and cumin seeds for about 2 minutes, or until the onion is soft and translucent, but not coloured. Reduce the heat and scatter over the paprika, turmeric and cinnamon. Stir to combine then return the chicken pieces to the wok and pour over the curry sauce. Stir in the tomato purée and salt then bring to a simmer. Cover the wok and cook gently for about 25 minutes, or until the chicken is tender and cooked

through (add boiling water as needed to prevent the sauce from becoming too thick).

After 15 minutes of cooking stir in the bell peppers and the garam masala. Traditionally this is served in individual cast iron or steel balti dishes, which should be heated in the oven to warm them. The balti should be sizzling when it is brought to table. Serve accompanied by naan breads, which are used to scoop out the balti to eat.

Balti Chicken Vindaloo

I have given several other vindaloo recipes in this book. This balti version is one of the most recent evolutions of the dish. The original recipe I was given had dialled back on the chillies a little. I have increased the heat for this version, but if you would prefer yours milder, halve the number of chillies added, or substitute a milder chilli variety.

Ingredients

1 large potato, peeled and sliced into thick wedges
150ml (2/3 cup) malt vinegar
1 1/2 tsp crushed coriander seeds
1 tsp crushed cumin seeds
1 1/2 tsp hot chilli powder
1/4 tsp ground turmeric
1 tsp crushed garlic
1 tsp fresh ginger, grated
1 tsp salt
1 1/2 tsp paprika
1 tbsp tomato purée
generous pinch of ground fenugreek
300ml (1 1/4 cups) water
225g (1/2 lb) chicken breast fillets, skinned and cubed
1 tbsp oil
2 medium onions, sliced
4 curry leaves (fresh preferably)
5 green birds' eye chillies, finely chopped

Method:

Place the potato wedges in a bowl, cover with water and set aside.

In a mixing bowl, combine the vinegar, coriander, cumin, chilli powder, turmeric, garlic, ginger, salt, paprika, tomato purée, fenugreek and water. Arrange the chicken in a large bowl, pour over the vinegar marinade and set aside for at least 20 minutes.

After this time, heat the oil in a wok, add the onions and fry briskly with the curry leaves for about 3 minutes.

Reduce the heat, then add the chicken mixture. Stir-fry the mixture for 2 minutes. At this point, drain the potato pieces and add to the wok. Cover with a lid and cook over medium-low heat for about 6 minutes, or until the sauce has thickened and the chicken adn the potatoes are tender.

Stir in the chopped green chillies, divide between warmed balti dishes and serve with naan breads.

Balti Chicken in Hara Masala Sauce

I only came across this balti dish quite recently and it's quickly become one of my favourites. It's attractive to serve to guests, quite easy to prepare and has a decent kick of chilli that is balanced by a creamy sauce.

Ingredients

1 green eating apple (Granny Smith for preference), peeled, cored and diced
4 tbsp fresh coriander (cilantro) leaves
2 tbsp fresh mint leaves
120ml (1/2 cup) natural yoghurt
3 tbsp fromage frais or ricotta cheese
2 medium green chillies, de-seeded and chopped
1 bunch of spring onions (scallions), chopped
1 tsp salt
1 tsp sugar
1 tsp crushed garlic
1 tsp fresh ginger, grated
1 tbsp oil
225g (1/2 lb) chicken breast fillets, skinned and cubed
25g (1 oz) sultanas (golden raisins)

Method:

Combine the apple, 3 tbsp of the coriander, the mint leaves, yoghurt, fromage frais, chillies, spring onions, salt, sugar, garlic and ginger in a food processor. Pulse the mixture for 1 minute to chop then set aside.

Heat the oil in a frying pan, add the yoghurt mixture and fry gently over low heat for 2 minutes. Add the chicken cubes and stir to combine.

Increase the heat to medium-low and continue cooking for about 12 minutes, or until the chicken pieces are completely done through.

Finally, add the sultanas and the remaining coriander leaves. Stir to combine, turn into a warmed balti dish and serve immediately.

Chicken Korma

Chicken Korma is a traditional British curry-restaurant style curry of chicken in a rich, but not very highly spiced cream sauce base.

Ingredients:

500g (1 lb, 1 oz) boneless chicken (a mix of breast and thigh meat), cut into small cubes
250ml (1 cup) Restaurant curry sauce
100ml (2/5 cup) vegetable oil

4 green cardamom pods, lightly crushed
2 bayleaves
1/2 medium onion, finely sliced
salt, to taste
2 tsp korma curry powder
125ml (1/2 cup) warm water
80ml (1/3 cup) coconut cream
4 tsp granulated sugar
150ml (3/5 cup) single cream
2 tbsp ghee
cream, to garnish
fresh coriander leaves, to garnish

Method:

Heat the oil in a wok. When hot, add the cardamom pods and bayleaves and fry gently for 1 minute. Now add the onions and stir-fry for about 4 minutes, or until soft and translucent, but not coloured. Season to taste with salt then add the curry powder and fry, stirring constantly, for 2 minutes before adding the curry sauce.

Bring to a simmer then add the chicken and water. Bring the mixture to a boil and cook for 4 minutes, stirring occasionally. Now reduce to a simmer, cover and cook gently, for about 30 minutes, stirring occasionally, or until the chicken pieces are very tender.

Stir in the coconut cream, sugar and cream. Bring the mixture just to a boil, reduce to a simmer and cook gently for 10 minutes more, stirring occasionally (add more water if the gravy looks too thick).

Finally add the ghee and stir to combine. Reduce the heat to low, cover and allow the curry to rest for 10 minutes.

To serve, turn the curry into a warmed serving dish. Pour over a little cream, garnish with coriander leaves and bring to the table.

Beef Madras

Beef Madras is a classic simple but spicy British-style curry that is a staple of curry houses.

Ingredients:

500g (1 lb) beef steak, cubed
2 tbsp ghee or vegetable oil
6 whole dried red chillies (small ones like Bird's eye or piri-piri)
1/2 tsp hot chilli powder
1 tsp ground cumin
1 tsp ground coriander seeds
1 tsp paprika
300ml (11/4 cup) Restaurant curry sauce
salt, to taste

1 tsp dried methi (fenugreek leaves)
1/2 tsp garam masala
salt, to taste
1 tbsp basic onion paste
coriander leaves, to garnish

Method:

Heat 2 tsp of the ghee in a wok. When hot, use to fry the beef, in batches, until nicely browned. When well coloured, transfer the meat to a bowl and set aside.

Add the remaining thee to the wok over medium heat. Add the dried chillies and stir-fry until they begin to colour and swell. Reduce the heat and add 2 tbsp of the curry sauce. Stir well then add the chilli powder, cumin, coriander seeds and paprika. Stir-fry for 30 seconds then add the remaining curry sauce and return the beef pieces to the wok.

Season to taste with salt then bring to a simmer. Reduce the heat, cover the wok and cook gently for about 40 minutes, or until the beef is cooked through and tender. During this time, stir the curry occasionally and add hot water, as needed.

About 10 minutes before the end of the cooking time, stir in the garam masala and fenugreek leaves. Bring back to a simmer and cook gently for 10 minutes more, stirring frequently, until the flavours have melded and the sauce is thick. During the final minute of cooking, stir in the basic onion paste.

Turn into a warmed serving dish, garnish with coriander leaves and serve accompanied by rice and flatbreads.

Prawn Pasanda

Prawn Pasanda is a traditional British curry-restaurant style curry of king prawns in a rich, but not very highly spiced cream sauce base.

Ingredients:

600g (1 1/3 lb) king prawns (or tiger prawns), peeled
200ml (4/5 cup) water (or use the prawn shells to make stock)
2 small white onions, finely chopped
4 tsp ginger-garlic paste
200g (1 cup) ghee
2 tsp ground turmeric
4 tsp mild curry powder
1/4 tsp chilli powder
3 tsp Garam Masala
200ml (4/5 cup) coconut cream mixed with 200ml (4/5 cup) water
200ml (4/5 cup) single cream
100ml (2/5 cup) Greek-style yoghurt
2 tbsp Restaurant curry sauce
slivered almonds, toasted, to garnish

Method

Heat the ghee in a wok over medium heat. When hot, reduce the heat add the onions and stir-fry gently for about 10 minutes, or until the onions start to colour.

In a bowl, combine the ginger-garlic paste with the curry powder, turmeric and chilli powder. Stir in enough water to give a smooth paste. Add this to the wok and stir-fry for 1 minute more.

Now add the prawns along with the coconut cream. Bring to a simmer and cook for 2 minutes. In a bowl, whisk together the cream, yoghurt, curry sauce and water (or stock). Pour this into the wok and bring the mixture back to a simmer. Cook, uncovered, for 10 minutes, stirring occasionally.

Scatter over the garam masala and stir to combine. Continue cooking for 2 minutes then turn into a warmed serving dish. Garnish with the toasted almonds and bring to the table.

Restaurant-style Pork Vindaloo

Restaurant-style Pork Vindaloo is a traditional British curry-restaurant style curry of pork cooked in a hot tomato-based sauce acidified with vinegar.

Ingredients:

2 tbsp vegetable oil
3 tsp hot chilli powder
2 tbsp malt vinegar
400ml (1 2/3 cups) Restaurant curry sauce
500g (1 lb) pork, cubed
2 tsp Garam Masala
1 1/2 tbsp basic onion paste
coriander leaves, to garnish

Method

Heat the oil in a wok. When hot, add the pork in batches and fry until well browned all over then remove with a slotted spoon and set aside as you cook the next batch.

Pour the curry sauce into the wok and bring to a simmer then stir in the chilli powder and return the meat to the pan. Cook, stirring frequently, for about 20 minutes, or until the pork is cooked thorough then add the malt vinegar. Continue coking for 5 minutes more.

Now add the basic onion paste along with the garam masala. Stir to combine and cook for 2 minutes more. Turn into a warmed dish, garnish with the coriander and serve.

Sweet and Hot Vegetable Curry

Sweet and Hot Vegetable Curry is a classic British restaurant-style curry for a vegetarian curry of courgettes, cauliflower, chickpeas and spinach in a tomato and and lemon juice base flavoured with vindaloo curry paste.

Ingredients:

1 tbsp vegetable oil

3 tbsp vindaloo curry paste
1 tbsp soft brown sugar
juice of 1/2 lemon
2 courgettes, ends removed and sliced thickly
300g (2/3 lb) cauliflower florets
400g (14 oz) passata (sieved tomatoes)
400g (14 oz) tin of chickpeas, drained and rinsed
250g (9 oz) spinach leaves, well washed and drained
salt and freshly-ground black pepper, to taste

Method

Heat the oil in a large pan, add the curry paste and fry the mixture for 1 minute. Scatter over and stir in the sugar and lemon juice and cook for 1 minute more then stir in the courgettes and cauliflower.

Cook this mixture for 2 minutes then add in the passata, along with 100ml (2/5 cup) water and the chickpeas. Adjust the seasonings to taste then bring to a boil, reduce to a simmer, cover with a lid and cook for 15 minutes.

Just before serving, add the spinach. Stir to combine and allow to just wilt. As soon as the spinach leaves wilt take off the heat and serve immediately, accompanied by basmati rice.

Lamb Rogan Josh

Lamb Rogan Josh is a traditional British for what is probably the most popular of all curry-restaurant dishes. This is a curry of lamb cooked in a spiced curry sauce base that's finished with yoghurt, onion paste and spices.

Ingredients

500g (1 lb) lamb, cut into bite-sized chunks
4 tbsp ghee (or vegetable oil)
750ml (3 cups) Restaurant curry sauce
2 tbsp paprika
1 tbsp hot chilli powder
2 tbsp cashew nut paste (pound cashew nuts in a mortar with a little water until you have a smooth paste)
1 tbsp ground cumin
3 tbsp natural yoghurt (any thick or set yoghurt)
1 tbsp garam masala
2 tbsp basic onion paste
salt and freshly-ground black pepper, to taste
finely-shredded coriander leaves, to garnish

Method:

Heat the ghee or oil in a wok and use to fry the lamb, in batches, until nicely browned all over. When the lamb has been cooked, return to the wok along with 250ml (1 cup) of the curry

sauce. Bring to a simmer, cover with a lid and cook gently for about 60 minutes, or until the lamb is tender. Stir occasionally during the cooking time and add hot water if the sauce becomes too thick and looks like it might burn.

Now add the remaining curry sauce, along with the paprika, cumin, chilli powder and cashew paste. Bring the mixture to a boil then reduce to a gentle simmer and slowly stir in the yoghurt, a little at a time. Adjust the seasonings to taste then stir in the onion paste and garam masala. Cook for 2 minutes more (make sure it does not boil).

Turn the resultant rogan josh into a warmed serving dish, garnish with the coriander and serve accompanied by white rice and/or naan bread.

Other British Curries

Though the majority of the curries given above are what might be considered 'British' curries, here are a few other classic British curries or curry dishes. Here you will find classic recipe like Coronation Chicken that have a curry powder base, or versions of curries that use unusual ingredients, such as rhubarb. Other recipes have been adapted to be cooked quickly in a pressure cooker, or are British Fusion recipes, such as Java Chicken.

Coronation Chicken

Coronation Chicken is a traditional British recipe for a classic sandwich filling or salad topping of chicken boiled with vegetables and herbs where the chicken meat is chopped and served in a mayonnaise sauce with cream, curry paste, tomato puree, red wine, onion and apricot jam.

This is a classic cold chicken sandwich filling but also makes an excellent topping for salads or even a main meal with pitta bread or served on a bed of rice.

The recipe was developed for Elizabeth II's coronation in 1953 by Constance Spry and Rosemary Hume who were seeking a new recipe for the coronation banquet. Spry proposed the recipe of cold chicken, curry cream sauce and dressing that would later become known as coronation chicken. The recipe itself was probably inspired by Jubilee Chicken, a dish prepared for the silver jubilee of George V in 1935 that mixed chicken with mayonnaise and curry.

Ingredients:

2.5kg (5 lb) chicken
2 onions
1 carrot
1 bouquet garni
1 bay leaf
1 tbsp butter
1/2 lemon

For the sauce:

1 tsp curry paste
1 tbsp tomato purée

120ml (1/2 cup) red wine
1/2 lemon
1 onion, quartered
300g (2/3 lb) mayonnaise
120ml (1/2 cup) cream
1 tbsp apricot jam
1 bay leaf
salt and freshly-ground black pepper, to taste
2 sprigs of watercress
butter for frying

Method:

Stuff the lemon half into the chicken's cavity then place this in a pot large enough to hold it comfortably. Add in the vegetables, bouquet garni and bay leaf, season with salt and pepper then add enough water so that it comes 2/3 the way up the side of the chicken. Bring to a boil, reduce to a simmer then cover the pan and cook the chicken for about 100 minutes, or until the juices run clear when the thickest part of the breast or thigh is pierced with a skewer.

Once the chicken has cooked transfer to a large bowl, cover with the liquid from the saucepan and allow to cool to room temperature. Once cold remove the chicken from the liquid, remove the skin and take the flesh off the bones. Cut the meat into cubes and set aside.

Take the quartered onion and fry in a little butter until softened. Add the tomato purée, wine, bay leaf, curry paste and lemon juice to the pan and cook for 10 minutes. Stir-in the jam at this point and cook until melted and incorporated. Strain the sauce into a clean bowl then beat-in the mayonnaise. When fully incorporate fold-in the cream and then the juice from the remaining lemon half then stir-in the chicken.

Spoon onto a serving dish and garnish with the watercress.

Curried Red Cabbage Slaw

Curried Red Cabbage Slaw is a modern British recipe, based on Coronation chicken for an accompaniment of red cabbage, bell pepper and onion in a lightly-curried yoghurt and mayonnaise base.

Ingredients:

1/2 red cabbage, very thinly sliced
1 red bell pepper, very thinly sliced
1/2 red onion, chopped
4 tbsp red wine vinegar
4 tbsp sugar
1/5 tsp curry powder
120ml (1/2 cup) Greek yoghurt
120ml (1/2 cup) mayonnaise
3 handfuls of raisins
salt and freshly-ground black pepper, to taste

Method:

Combine the cabbage, bell pepper and red onion in a large bowl then toss to combine.

In a small pan, heat together the vinegar and sugar until the sugar has dissolved. Pour this dressing over the vegetables, toss gently then set aside to cool slightly.

In the meantime, beat together the mayonnaise and yoghurt until smooth. Mix this into the cabbage mixture then season with the curry powder and add salt and freshly-ground black pepper, to taste.

Mix in the raisins then cover and set aside in the refrigerator to chill for at least 2 hours before serving. Just before serving drain off any excess liquid and toss the ingredients to ensure that they are evenly combined.

Lamb Curry with Winter Vegetables and Spinach

Lamb Curry with Winter Vegetables and Spinach is a modern British Fusion recipe for a classic Indian-style curry of lamb cooked with curry, spices, herbs, tomatoes, winter root vegetables and spinach in a chicken stock base.

Ingredients:

80ml (1/3 cup) ghee (or oil)
2 tsp cumin seeds
2 tsp whole cloves
1kg (2 lb) boned leg of lamb, cut into 3cm cubes
2 green chillies, split lengthways
3 green cardamom leaves
175g (5 1/2 oz) parsnips, peeled and cut into 1cm cubes
175g (5 1/2 oz) turnips, peeled and cut into 1cm cubes
175g (5 1/2 oz) carrots, peeled and cut into 1cm cubes
2 large onions, finely chopped
360ml (1 1/2 cups) chicken stock
2 garlic cloves, finely chopped
250g (9 oz) fresh tomatoes, blanched, peeled and chopped
45g (1 1/2 oz) fresh ginger, grated
420g (1 lb, scant) spinach leaves, finely chopped
2 tsp hot chilli powder
1/2 tsp ground cloves
1/2 tsp freshly-grated nutmeg
1/2 tsp ground mace
1 tsp ground turmeric
1 tsp fresh dill, finely chopped
2 tsp salt

Method:

Heat the ghee in a heavy-bottomed pan then add the cumin seeds and cloves. When these begin to crackle add the onions and fry until they become a light golden brown in colour (about 8

minutes). Now add the ginger and fry for a further 3 minutes, or until the garlic begins to colour.

Sprinkle over the chilli powder, cardamom, turmeric then stir to combine then add the lamb and cook for about 5 minutes, stirring constantly, or until the lamb begins to brown at the edges.

When most of the liquid has evaporated from the pan and the lamb is becoming nicely browned add the chillies, parsnips, turnips and carrots. Pour over the lamb stock and bring to a simmer. Reduce the heat to a low simmer, cover the pan with a tight-fitting lid and cook until the lamb is about 3/4 done (about 40 minutes).

Take off the lid then stir in the tomatoes and cook for a further 10 minutes. At this point stir in the spinach and increase the heat. Cook for a further 3 minutes, or until the spinach is wilted. Sprinkle over the ground cloves, nutmeg, mace, turmeric and dill. Cover with a lid and take off the heat.

Allow to rest for 5 minutes then take to the table and serve accompanied with rice.

Beef and Green Tomato Jalfrezi

Beef and Green Tomato Jalfrezi is a modern British Fusion recipe (based on an Indian original) for a hot and sour curry of beef and green tomatoes in a chilli and tomato base.

Ingredients:

500g (1 lb, 1 oz) stewing beef, cubed
6 green tomatoes, halved lengthways and with each half cut into three pieces
2 onions, sliced into thin wedges
4 garlic cloves, chopped
400g (14.5 oz) tinned, chopped, tomatoes
2 cayenne chillies, finely chopped
400ml (1 2/3 cups) Restaurant curry sauce
2 tbsp sultanas
4 tbsp jalfrezi curry spice blend
2 green chillies, de-seeded and sliced into thin strips, to garnish
4 tbsp coriander (cilantro) leaves, shredded
oil for frying

Method:

Heat the oil in a flame-proof casserole. Add the beef and fry until nicely browned all over. Remove the beef with a slotted spoon and set aside.

Add more oil if needed then place the onions and garlic in the pan and fry for about 5 minutes, or until soft. Scatter over the jalfrezi curry spices then stir in the chopped red chillies. Stir and fry until aromatic then add the curry sauce and chopped tomatoes.

Return the beef to the pan and stir in the green tomatoes and sultanas. Bring the mixture to a simmer then cover and transfer to an oven pre-heated to 180ºC (360ºF). Cook for 2 hours, or until the meat is very tender (top-up with water as needed).

When done, turn into a serving dish and garnish with chopped coriander and the green chilli strips. Serve accompanied by plain rice.

Curried Mushrooms and Rice

Curried Mushrooms and Rice is a modern British Fusion recipe for a classic vegetarian curry of mushrooms with celery, onion and pine nuts served on a bed of rice.

Ingredients:

500ml (2 cups) water
200g (7 oz) brown rice
4 tbsp butter
40g (1 1/2 oz) chopped onion
40g (1 1/2 oz) chopped celery
225g (7 1/2 oz) mushrooms, chopped
1 tbsp curry powder
40g (1 1/2 oz) chutney, chopped into small pieces
40g (1 1/2 oz) pine nuts
2 tbsp raisins, chopped
salt to taste

Method:

Add the water and salt to a pan and bring to a boil then stir-in the rice return to a boil and reduce the heat to a low simmer. Cover and allow to cook gently for about 40 minutes, or until tender.

Melt the butter in a frying pan and use to fry the onion, celery and mushrooms until tender (abut 6 minutes). Add the curry powder and continue cooking, stirring all the while until the vegetables are browned. Then add the chopped chutney and simmer until incorporated.

Drain the rice when ready and fold the fried mushroom mixture into the rice. Stir-in the pine nuts and raisins and serve.

Pumpkin Curry

Pumpkin Curry is a modern British recipe, based on both Indian and Chinese curries for a classic vegetarian dish of pumpkin, sweetcorn and peas in a lightly-spiced tomato and vegetable stock base.

Ingredients:

650g (1 1/2 lbs) pumpkin flesh
2 tbsp sunflower oil
1 red chilli, finely-chopped
2 garlic cloves, thinly sliced
2 tsp ground cumin
1 tbsp garam masala
1 onion, chopped
1 x 400g (14 oz) tin of chopped tomatoes
100ml (2/5 cup) vegetable stock
1 small tin (200g [7 oz]) sweetcorn, drained

110g (1/4 lb) frozen peas, defrosted
3 tbsp fresh coriander (cilantro) leaves, chopped
salt and freshly-ground black pepper, to taste

Method:

Peel the pumpkin and remove the central pith and seeds. Rinse well then cut into bite-sized pieces.

Place in a pan, cover with water, bring to a boil, reduce to a simmer and cook for 5 minutes then drain.

Heat the oil a separate pan, add the chilli, garlic and spices and stir-fry for 30 seconds. Add the onion and fry for 2 minutes more before stirring in the pumpkin, tomatoes and vegetable stock. Bring the mixture to a boil, reduce to a simmer and cook, partially covered, for 20 minutes.

Stir in the peas and sweetcorn, adjust the seasonings to taste, bring back to a simmer and cook, uncovered, for 10 minutes.

Turn into a warmed serving dish, garnish with the coriander leaves and serve accompanied by rice and naan bread.

Curried Chicken and Apricot Pie

Curried Chicken and Apricot Pie is a modern British recipe for a classic pie of lightly-curried chicken with apricots cooked in a savoury shortcrust pastry shell.

Ingredients:

For the Pastry:
350g (12 oz) plain flour
pinch of salt
150g (1/3 lb) butter
50g (2 oz) lard
salt and freshly-ground black pepper, to taste
about 5 tbsp cold water, to bind

For the Filling:
2 tbsp sunflower oil
1 large onion, chopped
500g (1 lb) chicken, boned and coarsely chopped
1 tbsp curry paste or curry powder
2 tbsp apricot chutney
115g (4 oz) ready to eat dried apricots, halved
1 tsp mixed, dried, herbs
4 tbsp crème fraîche
beaten egg, to glaze
salt and freshly-ground black pepper, to taste

Method:

Begin with the pastry: Sift together the flour and salt into a bowl. Dice the butter and lard, add to the flour and rub in with your fingertips until the mixture resembles coarse crumbs. Season to taste with salt and freshly-ground black pepper then slowly add the water, initially mixing with a palette knife an then with your hand (adding just enough to bring the mixture together) into a solid mass.

The dough should be stiff and dry and it can be wrapped in clingfilm (plastic wrap) and chilled in the refrigerator for 30 minutes before rolling (this will make the dough easier to roll).

For the Filling: Heat the oil in a large pan, add the onion and chicken meat and fry until just coloured. Stir in the curry paste (or powder) and fry the mixture for 2 minutes more.

Now add the chutney, apricots, carrots, herbs and crème fraîche. Season to taste and stir to combine. Take off the heat then turn the mixture into a deep oven-proof dish (about 1l [4 cups]).

Remove the pastry from the refrigerator and roll out on a floured work surface until 3cm (1 in) larger than the top of your pie. Cut strips all the way around the pastry and set these on the rim of your dish. Dampen the edges then place the pastry on top and crimp the edges to seal.

Re-roll any scraps and use to decorate the top of the pie. Cut a steam hole in the centre then brush over the top with the beaten egg to glaze before transferring the pie to an oven pre-heated to 190ºC (375ºF). Bake for 40 minutes, or until the top is crisp and golden brown in colour.

Cut the pie into generous wedges and serve accompanied by steamed vegetables.

Halibut and Tomato Curry

Halibut and Tomato Curry is a modern British Fusion recipe for a classic curry of halibut fillets cured with lemon juice in a spiced tomato sauce base.

Ingredients:

4 tbsp lemon juice
750g (1 1/2 lbs) thick halibut fillets, skinned and cubed
1 onion, finely chopped
3 garlic cloves, finely grated
2 tbsp fresh ginger, finely grated
2 tsp black mustard seeds
4 tbsp rice wine vinegar
2 tbsp cumin seeds
1 tsp ground turmeric
1 tsp hot chilli powder
1 tsp sea salt
4 tbsp sunflower oil
2 x 400g (14 oz) tins of chopped tomatoes
1 tsp sugar

For Garnish:

chopped coriander (cilantro) leaves
1 green chilli, finely chopped
natural yoghurt, to drizzle

Method:

Begin with the marinade. Mix together the lemon juice, vinegar, cumin, turmeric, chilli powder and salt in a shallow blow. Add the cubed fish and turn to coat the meat all over. Cover with clingfilm (plastic wrap) and place in the refrigerator for about 30 minutes. This marinade not only flavours the fish, but the vinegar also helps firm up the fish flesh.

In the meantime, heat the oil in a large pan or wok over high heat. When hot add the onions, garlic, ginger and mustard seeds. Stir into the oil then reduce the heat to low and cook gently for 10 minutes, or until the onions are very soft, stirring occasionally.

Add the tomatoes and sugar. Stir with the other ingredients and bring to a boil. Reduce to a simmer, cover the wok and cook gently for 15 minutes, stirring occasionally.

Now add the fish and its marinade to the wok, stirring gently to combine. Bring to a simmer, cover and cook gently for about 18 minutes, or until the fish is just cooked through and flakes easily with a fork.

Turn the curry into a warmed serving bowl and garnish with coriander leaves, the chopped green chilli and the yoghurt.

Serve immediately, accompanied by basmati rice, fresh pickles and poppadoms.

Mushrooms Pilaf

Mushrooms Pilaf is a modern British Fusion recipe for a classic one-pot dish of rice cooked with mushrooms and onion in a beef stock base.

This is a truly excellent way of using mushrooms and a whole range of varieties are suitable for this dish.

Ingredients:

2 tbsp butter
1 medium onion, very finely diced
400g (1 lb, scant) long-grain (ie Thai Jasmine) rice
125g (4 1/2 oz) mushrooms, sliced
800ml (3 1/5 cups) beef stock

Method:

Add the butter to a large pan and when melted use to fry the onion for 2 minutes before adding the rice. Stir to coat the grains and continue to cook until golden brown in colour. Stir-in the mushrooms then add the beef stock.

Bring to a boil then reduce to a low simmer, cover and cook for about 20 minutes, or until the rice is soft and the liquid has been absorbed.

Lentil Curry with Rhubarb and Sweet Potatoes

Lentil Curry with Rhubarb and Sweet Potatoes is a modern British Fusion recipe for a classic vegetarian dish of lentils curried with sweet potatoes and rhubarb before being baked in an oven and topped with grated coconut.

Ingredients:

150g (1/3 lb) dry red lentils
1 large sweet potato, peeled and sliced
1 tbsp ghee
180g (6 oz) rhubarb, diced (no need to peel)
2 tbsp honey
1 tbsp curry powder
1 tsp ginger, grated
1 tbsp hot red chilli powder
salt and freshly-ground black pepper, to taste
45g (1 1/2 oz) freshly-grated coconut

Method:

Wash the lentils thoroughly then add to a pan. Add water to cover then bring to a boil and reduce to a simmer. Stir-in the sweet potatoes then cover with a tight-fitting lid and simmer until soft (about 50 minutes) — check the water levels and top-up as needed.

At this stage remove the lentil and sweet potato mix from the heat, drain and set aside. Meanwhile, add the ghee to a pan and once hot stir-in the rhubarb. Stir-fry for 1 minute then reduce the heat and continue cooking for about 15 minutes, or until tender. Stir-in the honey and spices and cook for 1 minute more. Mash together the lentils and sweet potatoes with a fork then stir into the rhubarb mix.

Turn the mixture into an oven-proof dish and transfer to an oven pre-heated to 200ºC (390ºF). Bake for about 20 minutes, or until lightly browned on top and hot through. Garnish with the grated coconut and serve.

Naga Curry

Naga Curry is a modern British Fusion recipe (based on an Indian original) for a classic beef and lentil curry with potatoes that employ the world's hottest chilli pepper, the naga jalokia as a featured ingredient.

The *naga jalokia* and its cultivars (eg the Naga Dorset and the bhut jolokia) are counted amongst the world's hottest chillies. They originate from northeastern India (Assam, Nagaland, and Manipur) and Bangladesh and are also grown in Sri Lanka. A friend of my brother's brought some from Sri Lanka and I simply had to create a recipe to make the most of them. The curry given below is the result of the experiment. This curry may well have some claim to being 'The World's Hottest Dish'.

Ingredients:

3 cinnamon sticks
2 tbsp Garam Masala
1/2 tsp cumin seeds
1/2 tsp coriander seeds
2 tsp freshly-grated ginger
1/2 tsp turmeric
1/2 tsp ground methi (fenugreek) curry leaves

1 tbsp paprika
12 to 15 Naga Jalokia chillies, chopped
100g (3 1/2 oz) red lentils
450g (1 lb) cubed beef
2 large onions, finely sliced
4 tbsp butter or ghee
salt and black pepper, to taste
10 small Charlotte potatoes, halved
5 Naga Jalokia chillies, sliced

Method:

Add the butter or ghee to an oven-proof casserole and use to sweat-down the onions until meltingly soft. Now add the spices and the first lot of chillies and stir through. Add the beef and stir until completely browned before adding the lentils, seasoning to taste and adding enough water to completely cover all the ingredients. Bring to a simmer, cover the dish and place in an oven pre-heated to 150ºC (300ºF). Allow to cook for an hour then add the potatoes and the remaining chillies.

Cover the pan and cook for a further hour, toping-up the liquid if necessary. Serve the chilli hot with plain rice, naan bread and a yoghurt-based dip.

Pressure Cooker Chicken Korma

Pressure Cooker Chicken Korma is a modern British Fusion recipe for a classic Indian-inspired dish of chicken, almonds, chillies and onions in a curry-spiced yoghurt and creamed coconut base that's adapted to be cooked quickly in a pressure cooker.

Ingredients:

675g (1 1/2 lb) chicken breasts, cut into 3cm (1 in) cubes
120g (4 oz) ground almonds
3cm (1 in) length of fresh ginger, peeled and sliced thinly
1 garlic clove, crushed
2 fresh green chillies, chopped
2 tbsp vegetable oil
1 onion, finely chopped
1 tsp ground turmeric
4 green cardamom pods
4 cloves
3cm (1 in) length of cinnamon
1 tsp coriander seeds
1 tsp cumin seeds
1 tsp cornflour (cornstarch)
300ml (1 1/4 cups) Greek yoghurt
juice of 1/2 lemon
25g (1 oz) creamed coconut

salt, to taste
2 tbsp fresh coriander leaves, chopped

Method:

Combine the almonds, ginger, garlic and chillies in a mortar and pound to a paste.

Heat the vegetable oil in the base of your pressure cooker. Add the onion and fry for about 6 minutes, or until golden brown then stir in the turmeric, cardamom, coriander seeds, cloves and cumin seeds. Fry for 1 minute then add the almond paste and fry for 1 minute more before stirring in the yoghurt and chicken pieces. Stir to coat in the yoghurt mix then add 300ml (1 1/4 cups) water.

Secure and lock the lid then bring to pressure over high heat. Reduce the heat to stabilize the pressure and cook for 12 minutes. Take the pressure cooker off the heat, place under cold, running water to reduce the heat quickly. In the meantime, mix the cornflour to a slurry with 2 tbsp water. Whisk this into the curry mixture in the pressure cooker then bring to a simmer and cook, uncovered until thickened.

Stir in the lemon juice, creamed coconut and coriander leaves then season to taste with salt. Cook until the coconut has melted into the sauce then serve hot, accompanied by rice.

Pressure Cooker Dhal

Pressure Cooker Dhal is a modern British Fusion recipe for a classic vegetarian dish of spiced lentils with onion and ginger that's adapted to be cooked quickly in a pressure cooker.

Ingredients:

2 tbsp vegetable oil
1 onion, chopped
3cm (1 in) length of ginger, peeled and sliced
1 tsp cumin seeds
1 tsp ground coriander seeds
1/2 tsp ground turmeric
1/2 tsp hot chilli powder
salt, to taste
250g (2 cups) red split lentils
2 tbsp chopped herbs (coriander leaves, mint, parsley, chives)

Method:

Heat the oil in the base of your pressure cooker. Add the onion and fry gently for about 6 minutes, or until soft and golden brown. Now add the ginger, cumin, coriander, turmeric and hot chilli powder. Season with salt to taste and fry for 1 minute, stirring constantly.

Add the lentils and pour over 300ml (1 1/4 cups) of water. Bring to a boil and skim off any scum from the surface. Close and lock the lid on the pressure cooker then bring up to pressure. Cook for 5 minutes then take off the heat and allow the pressure to release naturally.

Remove the ginger pieces and turn the lentil stew into a bowl. Garnish with the chopped herbs and serve.

Pressure Cooker Vegetable and Coconut Curry

Pressure Cooker Vegetable and Coconut Curry is a modern British Fusion recipe for a classic mixed vegetable curry in a tomato and coconut milk base that's adapted to be cooked in a pressure cooker.

Ingredients:

2 tbsp vegetable oil
2 onions, sliced
1 garlic clove, crushed
3cm (1 in) length of ginger, grated
1 tsp Garam Masala
1 tsp ground coriander seeds
2 tbsp curry paste
1 tsp ground turmeric
300g (2/3 lb) sweet potatoes, peeled and cut into chunks
2 carrots, julienned
300ml (1 1/4 cups) coconut milk
75ml (7 tbsp) water
1/2 cauliflower, separated into florets (or substitute broccoli)
2 courgettes, sliced thickly
225g (1/2 lb) tomatoes, blanched, peeled and chopped
salt and freshly-ground black pepper, to taste

Method:

Heat the oil in the base of your pressure cooker. Add the onions and fry for about 8 minutes, or until soft and golden brown. Add the garlic, ginger, garam masala, coriander, curry paste and turmeric and cook for 1 minute, stirring constantly.

Now add the sweet potatoes, carrots, coconut milk and water. Close and secure the lid then place the pressure cooker over high heat and bring to pressure. Cook for 2 1/2 minutes then take off the heat and place under cold, running, water to release the pressure quickly. Open the lid, add the cauliflower (or broccoli), courgettes, tomatoes and season to taste.

Secure the lid back on the pressure cooker then place back on the heat and bring to pressure again. Cook for 2 1/2 minutes more then take off the heat and place under cold, running, water to release the pressure quickly. Turn into a dish and serve accompanied by rice.

Curried Beef in Red Wine

Curried Beef in Red Wine is a modern British recipe for a classic curry of beef and potatoes in a tomato and red wine sauce.

Ingredients:

1kg (2 lb, 3 oz) beef stewing steak, cut into 3cm cubes
3 tbsp plain flour
2 tbsp curry powder

sea salt, to taste
1 small onion, diced
500ml (2 cups) red wine
200ml (4/5 cup) water
440g (14.5 oz) tin of chopped tomatoes (with juice)
2 medium carrots, scraped and diced
3 medium potatoes, diced
1 celery stick, diced
100g (3 1/2 oz) button mushrooms
2 bayleaves
2 sprigs of thyme
1 tbsp cornflour (cornstarch)
60ml (1/4 cup) single cream
olive oil, for frying

Method:

Combine the flour and 1 tsp curry powder in a shallow dish. Add the beef and toss to coat evenly.

Heat a little olive oil in the base of a flame-proof casserole. Add the floured meat and fry until browned all over. Scatter over 1 tbsp of the remaining curry powder then add the onion and fry for 2 minutes before stirring in the red wine, water, tomatoes, bayleaves and thyme. Bring to a simmer, cover the pan and cook gently for 45 minutes, or until the beef is tender.

Now add the carrots, potatoes, celery and mushrooms. Stir in the remaining curry powder then bring to a simmer, cover the dish and cook for about 25 minutes, or until all the vegetables are tender. Whisk the cornflour (cornstarch) into the cream and stir into the stew.

Cook until thickened and serve hot with mashed potatoes (discard the bayleaves).

Curried Parsnip and Apple Soup

Curried Parsnip and Apple Soup is a traditional British recipe for a classic Winter warming soup of onion, parsnip, apple and honey flavoured with curry spices that makes an excellent starter for Bonfire Night.

Curried soups are just the thing for a cold night outside — they provide a warming feeling almost unlike anything else. This recipe is ideal for Bonfire Night and should be served in large mugs.

Ingredients:

50g (2 oz) butter
1 tbsp olive oil
2 large onions, chopped
2 garlic cloves, chopped
1 tsp cumin seeds
1 tsp curry powder
1/2 tsp ground ginger

700g (1 2/3 lb) small parsnips, peeled and chopped
1 medium Bramley apple, peeled, cored and chopped
2 tbsp runny honey
1.5l (6 cups) vegetable (or chicken) stock
sea salt and freshly-ground black pepper

Method:

Combine the butter and oil in a large, heavy-based pan and cook until the butter begins to foam. Add the onions and garlic and cook for 2 minutes, to soften.

Dry roast the cumin seeds until fragrant then transfer to a mortar and grind with a little sea salt. Add to the onion mix with the curry powder and ground ginger. Now add the parsnips, apple and honey and cook for a few minutes. Pour in the stock and bring the mixture to boil then reduce to a simmer and cook, covered, for about 20 minutes, or until the parsnips are tender.

Take the soup off the heat and allow to cool slightly. Pour into a blender (you may need to do this in batches) and process until smooth. Return to the pan and allow to re-heat before ladling into large mugs. Serve with garlic bread or Dorset sausage pasties or even bacon butties.

Potato Wedges with Curry Sauce

Potato Wedges with Curry Sauce is a modern British recipe for a classic snack of roasted potato wedges served with a coconut milk curry sauce that makes an excellent dish for Bonfire Night.

Ingredients:

6 large baking potatoes
4 tbsp olive oil
salt and freshly-ground black pepper, to taste
2 tbsp tikka masala curry paste
1 tbsp tomato purée
400g (14.5 oz) coconut milk (tinned is fine)
60g (2 oz) coriander leaves, chopped
juice of 1/2 lemon

Method:

Scrub the potatoes, dry and cut lengthways into wedges. Pour the oil into a roasting tin, add the potatoes and toss in the oil to coat. Season with black pepper then transfer to an oven pre-heated to 200ºC (390ºF) and bake for between 35 and 40 minutes, or until crisp and golden brown.

In the meantime, combine the curry paste and tomato purée in a pan. Cook, stirring constantly, for 1 minute then add the coconut milk and bring to a boil. Reduce to a simmer and cook gently for 10 minutes, or until well thickened.

Adjust the seasonings to taste and stir in the lemon juice. Pour the curry sauce into a bowl and garnish with the coriander leaves. Arrange this on a large plate, surround with the potato wedges and serve.

Turkey Leftovers Curry

Turkey Leftovers Curry is a traditional British recipe (originating in the 1920s) for a classic lightly-curried stew of mixed, finely-diced, vegetables, mushrooms and left-over turkey served on a bed of rice.

Today, most of us would not recognise this as a 'proper' curry in that there is very little that is either Indian or authentic about it. However, 'curried' dishes have been a feature of British cuisines since at least the 1750s and this represents a classic example of the genre dating from the 1920s. I have modified this dish to include leftover turkey as it's a great way of using the remains of the Christmas dinner.

Ingredients:

2 onions, finely sliced
2 garlic cloves, chopped
60g (2 oz) butter
2 tomatoes, blanched, peeled and quartered
50g (2 oz) potatoes, peeled and finely diced
50g (2 oz) turnips, peeled and finely diced
50g (2 oz) frozen peas
50g (2 oz) carrots, finely diced
50g (2 oz) fine beans, finely sliced
50g (2 oz) mushrooms, finely diced
1/4 red bell pepper, finely diced
300g (2/3 lb) cooked turkey meat, diced
2 tbsp butter
3 tbsp olive oil
salt and freshly-ground black pepper, to taste
1/2 tbsp curry powder (or to taste)

Method:

Melt the 2 tbsp butter and olive oil in a pan and when foaming stir in the potatoes, carrots and turnips. Stir to coat then cover the pan and sweat gently for about 10 minutes before stirring in the mushrooms, peas, fine beans and bell pepper. Add a little more oil, if necessary, then cover the pan and sweat for a further 8 minutes. Take off the heat and set aside.

Melt the 60g (2 oz) butter in a second pan then fry the onions and garlic for about 8 minutes, or until golden. Stir in the curry powder and seasonings and fry for about 2 minutes, or until aromatic. Now add the tomatoes and coop for about 6 minutes, or until they break down then add just enough water to form a thick gravy.

Turn the cooked vegetables into the pan then stir in the cooked turkey and bring the mixture to a simmer. Cook until the vegetables are heated through then serve hot on a bed of rice.

Java Chicken

Java Chicken is a modern British Fusion recipe for a classic chicken stew/curry that's

flavoured with south-east Asian spices and cooked in coconut milk.

This is a light and flavoursome Indonesian-style curry that goes well with Thai Jasmine Rice.

Ingredients:

1.4kg (3 lb) chicken
4 candlenuts (or macadamia nuts) ground
1/2 tsp chilli powder
2 tsp ground coriander
1 tsp grated galangal (or Laos powder [dried, powdered, galangal])
1 garlic clove, crushed
1/2 tsp ground turmeric
4 tbsp oil
2 onions, chopped
700ml (3 cups) coconut milk
5cm (2 in) length cassia bark
1 stalk lemongrass, bruised
2 tbsp lemon juice
salt to taste

Method:

Joint the chicken and cut into serving pieces. Mix the nuts, chilli, coriander, galangal, garlic and turmeric and pound to a paste in a pestle and mortar (add some oil if necessary). Rub this mixture over the chicken and allow to marinate for at least two hours.

When the chicken has marinated heat the remaining oil in a wok and fry the onion until golden then add the chicken pieces and fry until well browned. Gradually add the coconut milk, stirring all the while, and bring to the boil. Add the lemongrass and cassia then turn down to a simmer and cook for about 30 minutes. Stir-in the lemon juice, season with salt and serve with Thai Jasmine rice.

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B

Baby Corn Sabzi
Badaam Sak
Badam Sherbet
Badami Rung Rice
Baekse Karē
Baigan Bharta
Baked Curried Fish
Baked Tomatoes with Curried Filling
Balchão de Camarão
Balinese Spice Paste
Balti Chicken Pasanda
Balti Chicken in Hara Masala Sauce
Balti Chicken Vindaloo
Balti Garam Masala
Balti Potatoes and Coriander
Bamia Okra Relish
Banana Lassi
Banana Raita
Banana Curry Chutney
Banana Skin and Cowpeas
Banana-skin Curry
Bang-bang Chicken
Bangladeshi Fish Korma
Bangladeshi Goat Curry
Bangladeshi Vindaloo
Ballychow
Barbecued Beef in a Papaya Marinade
Barfi Badam
Basbousa
Basic Microwave Steamed Rice
Basic Onion Paste
Basundi
Batak Raichat
Bean Foogath
Bedam ki Burfi
Beef and Dhal Curry
Beef and Green Tomato Jalfrezi
Beef and Mushroom Tshoem
Beef Curry on Sticks
Beef Madras (Restaurant Style)
Beef Masaman Curry

Beef Pasanda
Beef Rendang
Beef Samosas
Bell Pepper Curry
Bengal Curry Powder
Bengali Bhaji
Bengali Crab Curry
Bengali Fish Curry
Bengali Pilau Rice
Bengali Pineapple Chutney
Bengali Tamarind Chutney
Bengali Spinach
Bengali Tilapia Curry
Berbere Spice
Besan Ladoo
Bhaji Curry
Bhoonee Khichiri
Bhuna Ghost (Restaurant Style)
Bhuna Kedgeree
Bhutanese Curries
Bhutanese Red Rice
Biriani
Black Chilli Paste
Black-eyed Peas
Black Grape Sherbet
Blanquette d'Agneau au Curry
Bo Kho
Boatman's Curry
Bobotie
Boiled Yam, Kerala Style
Bombay Duck and Aubergine Curry
Bombay Fish Curry
Bombay Potatoes
Bombay Vegetables
Boomla Begga ka Salna
Boondi
Bori
Breads and Bread-based Savouries
Brinjal Bhaji
Brinjal Bharta
Brinjal Bhurta
Brinjal Chutney

Brinjal Pickle
Brinjal Pohie
Brinjal Sambal
British Curries, Modern
Buffado
Bumbu Bali
Bund Gobi aur Narial
Burmese Curry Paste
Burmese Curries
Burmese Fish Curry
Butter Chicken
Bygan Bhaji
Bygan Dhal

C

Cà Ri Gá
Cabbage and Mincemeat Curry
Cabbage Curry
Cabbage in Coconut Milk Gravy
Cambodian Chicken Curry
Cambodian Curries
Cape Curry Powder
Cape Gooseberry Chutney
Cape Kedgeree
Cape Malay Egg Curry
Cape Malay Red Leaf Masala
Cardamom and Pistachio Ice Cream
Cari
Cari de Thon
Cari Poisson
Cari Poulet et Légumes
Caribbean Cook-up
Caribbean Curries
Caribbean Peanut Chicken
Caril de Caranguejo
Carrot Fudge
Carrot Halwa
Carrot Pickle
Carrot Rice
Cassava with Offal
Cauliflower and Black Chickpea Curry
Cauliflower Bhajis

Cauliflower Curry
Cauliflower Roti
Ceebu Jën
Chaas
Chaat Masala
Challum
Chana Dhal
Char Masala
Chatpate Neebu
Chapati
Chapati (East African)
Chatpati Murghi Tangen
Chapatti
Charles Elmé Francatelli
Cheese and Curd Pilau
Cheese Balls in Sugar Syrup
Chemmeen Curry
Cherupayar Curry
Chicken and Broccoli in a Curried Yoghurt Sauce
Chicken and Carrot Stew
Chicken and Mushrooms
Chicken and Plantain Curry
Chicken and Vegetable Curry
Chicken-based Curries
Chicken Balti (Restaurant Style)
Chicken Bharta
Chicken Bhuna Masala (Restaurant Style)
Chicken Biryani (Restaurant Style)
Chicken Chaap
Chicken Chaat
Chicken Chana Dhal
Chicken-coconut Curry
Chicken Curry
Chicken Curry (Historic)
Chicken Curry (Restaurant Style)
Chicken Curry, Indonesia Style
Chicken Curry Noodles
Chicken Curry with Greens
Chicken Curry with Onion
Chicken Dupiaza
Chicken Guisado
Chicken in Creamy Coconut

Chicken Korma (Restaurant Style)
Chicken Leg Curry
Chicken Makhani
Chicken Saagwala
Chicken Shashlick
Chicken Tikka
Chicken Tikka (Restaurant Style)
Chicken Tikka Masala (Restaurant Style)
Chicken Vindaloo
Chicken White Curry
Chicken with Green Mango
Chicken with Lentils
Chicken with Spices and Soy Sauce
Chickpea Curry
Chickpea Salad
Chickpeas
Chillies with Cheese
Chin Baung Kaw
Chinese Chicken Curry on Rice
Chinese Curries
Chinese Five Spice Powder
Chinese-style Takeaway Curry Sauce
Chinese Yellow Curry Powder
Chingree Puffs
Choco Pistachio Rolls
Cholay Chaat
Chole
Coconut Cabbage
Coconut Chutney
Coconut Pancakes
Coconut Prawn Curry
Colombo Curry Paste
Comoran Chicken Curry
Condensed Milk Solids
Coriander Paste
Coronation Chicken
Country Captain
Courgette Curry with Radish Pods
Crab Koftas
Crayfish Curry
Cream of Carrot Soup
Creamed Spinach with Fresh Curd Cheese

Cuban Oregano Tambli
Cuban Oregano Vegetable Pakoras
Cumin Paste
Curry Accompaniments
Curried Beans
Curried Beef in Red Wine
Curried Beef Stew
Curried Blanquettes of Lamb
Curried Cabbage
Curried Cod
Curried Eel Stew
Curried Goat
Curried Gravy
Curried Halibut with Tomatoes
Curried Meat Loaf
Curried Mushrooms and Rice
Curried Mutton
Curried Parsnip and Apple Soup
Curried Potatoes
Curried Potatoes and Onions
Curried Red Cabbage Slaw
Curried Rice
Curried Rice with Beef
Curry de Lotte au Citron Vert
Curry de Poulet aux Bananes Plantain
Curry Mouan
Curry Powders
Curry Pastes
Curry Sauce (Restaurant Style)
Curried Snapper
Curry Spice Blends
Curried Chicken and Apricot Pie
Curried Squash
Curried Tofu Stir-fry
Curry Trey Ruah
Cutlet Curry with Black Curry Sauce
Cuttlefish and Moringa Leaf Curry

D

Dahi
Dal Kachoori
Dal Makhani

Date and Fruit Sweetmeat Balls
Date and Milk Sweetmeats
Dau Khuon Xao Lan
Deccan Chicken Curry
Deep-fried Bengali Flatbread
Desserts
Dhal
Dhal Curry
Dhal Curry (Cape Malay)
Dhal Dhokla
Dhal Fritters
Dhan Saag Dhal
Dhingri Kari
Dhosa
Diwali
Diwali Recipes
Doddaparte Sabji Pakore
Doddapatre Tambli
Doro Wot
Dosa
Dosai
Double ka Meetha
Doubles
Dried Apricot Dessert
Dried Fruit Pickle
Dried Peas Chaat
Drinks
Dry Beef Curry
Dry Burmese Pork Curry
Dry Fish Chutney
Dry Keema Curry
Dry Leftovers Jalfrezi
Duck and Green Pea Curry
Duck Raichat
Duck Sukuti
Dumpode Goose (Indian Way)

E

East African Coconut Rice
East African Curries
East African Curry Powder
East Asian Curries

Egg Curry
Egg Pilau
Eggs on Potatoes
Elaichi Gosht
Eliza Acton
Ema Datshi
Ethiopian Curries
Ethiopian Flat Bread

F

Faluda
Filipino Curries
Filipino Fish Curry
Filipino Chicken Curry
Filipino Beef Rendang
Firni
Fish-based Curries
Fish Breyani
Fish Curry
Fish Curry with Fragrant Masala
Fish Curry with Spinach
Fish Dopeaja
Fish Kebab
Fish Kofta with Rice
Fish Larb
Fish Molee
Fish Mooloo
Fish-roe Sambal
Flatbread with a Spicy Potato Stuffing
Foolowries
Fragrant Coconut Rice
Fried Anchovies
Fried Brnijal Sambal
Fried Chicken Drumsticks
Fried Rice
Fried Roselle Leaves
Frikkadel Curry
Fruit Curry
Fruity Naan Bread
Fulkopir Baati Jhaal

G

Ga Lei Fan
Gadang Pit
Gadjar Murghi Meetha
Gaeng Karee Gai
Gaeng Khiaw Waen
Gaeng Ki Lek
Gaeng Pa-naeng
Gaeng Som
Gajar Ka Halwa
Gajjar Barfi
Gali Ji Huifan
Garam Masala
Garden Egg Curry
Gheema Curry
Ginger Garlic Paste
Gluten-free Chapati
Glutinous (Sweet) Rice
Goan Chicken Curry
Goan Crab Claw Curry
Goan Curry Paste
Goan Lamb Xacutti
Goan Prawn Pickle
Goat Curry with Potatoes
Goat Rougail
Gond Panjiri
Goojias
Gool Goolas
Gothambu Paayasam
Grain Mustard Based Fish Curry
Gram Flour Bread
Green Curry with Pork
Green Chillies in Asafoetida
Green Chutney with Pomegranate Seeds
Green Mango and Apple Chutney
Green Masala
Green Seasoning
Green Tomato Pickle
Grima Fish Curry
Ground Almond Sherbet
Ground Rice Blancmange
Guai wei ji si
Guava Chutney

Gulat Ka Sharbat
Gujarati Carrot Salad
Gulab Jamun
Gulai Lemak

H

Halibut and Tomato Curry
Hannah Glasse
Hara Mircha
Hareesa
Hari Chatni with Anardana
Herinag Bharta
Hibiscus Flower Sharbat
Hindustani-style Fried Fish
Hinga Mirsang
Historic Curries
Hor Mok Pla Chawnn Bai-Yaw
Hot Chilli Chutney
Hot Curry Powder
Hot Jalfrezi Spices
Hot Lime Pickle
Hussainee Beef Curry

I

Imli Chatni
Imli Chutney
Indian Balloon Bread
Indian Cooked Chicken (Restaurant Style)
Indian Curry Paste
Indian Curry-Powder
Indian Fried Potatoes
Indian Mustard
Indian Mustard Curry Paste
Indian Pickle
Indian Pickled Prawns
Indian Receipt for Curried Fish
Indian Sauce
Indonesian Beef Spicy Stew
Indonesian Chicken Curry
Indonesian Curries
Indonesian Curry Spice Paste
Indonesian Island-style Curry Powder

Injera
Introduction
Introduction to Curries

J

Jalebis
Jalfrezi Curry Powder
Jalfrezi, Dry Leftovers
Jalfrezi, Leftovers
Jamaican Curry Powder
Jamaican Jerk Seasoning
Jamaican Prawn Curry
Jangri
Japanese Curry Bread
Japanese Curry Powder
Japanese Curry Rice
Japanese Curries
Japanese Seven-spice Powder
Jasha Tshoem
Java Chicken
Java Chicken Curry
Jerk Bar-B-Q Sauce
Jerusalem Artichoke Curry

K

Kabuli Channa
Kadala Curry
Kadhai Gosht
Kakhi Lassi
Kalakand Coconut Barfi
Kale Mellun
Kalia
Kalupol Sambal
Kammon Hoot
Kang Ped Pla-dook
Kappa Puzhukku
Karahi Chicken
Karahi Chicken with Fresh Fenugreek
Karahi Machhli
Karē-pan
Karē Raisu
Kari Ayam

Kari Ikan
Kari Kambing
Kashmiri Chicken Curry
Katchourie
Katsu-Karē
Kedgeree
Kedgeree (Historic)
Keema and Lettuce Curry
Keema Mattar
Kele Ka Raita
Kelia Ayam
Kenyan Chicken Tikka
Kenyan Pilau Rice
Kenyan Vegetable Curry
Kerala Fish Fry
Kerala Plantain Errisery
Kerala Puttu
Kerala-style fish Curry
Kerrie-aartappels en Uie
Kesar Badam Kulfi
Kesar Lassi
Kesari Phirini
Khatta Curry
Khajoor ke Laddu
Khajoor Pak
Khanom Jeen Nam Ya
Khanom Jeen Noodles
Khao Pune
Kharbuze ki Kachri
Khatmitthi Raani
Khatta Meetha
Khichidi
Khichiri
Khichuri
Khichiri Prawn Sauce
Khoya
Khubani ka Meetha
Khukura re Pyaj Tareko
Khumbi Sag
Khuttah Karee
Kid Goat Korma
Kik Wot

Kobi Bhanavli
Kobi Chana Dhal Curry
Kobi Keema
Kobi Sabji
Kofta Curry
Kokam Aloo
Kokam Curry
Kokam Fish
Kokam Potatoes
Kokam Sauce
Kokam Sharbat
Kokum Khadi
Kokam Soup
Kolbi Patia
Korean Curries
Korean Curry Rice
Korma Curry Powder
Kozhukattai Payasam
Kubani
Kuchela
Kujja Kulfi
Kuku Paka
Kulfi
Kurmanash
Kuzhal Puttu

L

Laksa
Laksa Paste
Lamb and Rapeseed Greens Curry with Yoghurt
Lamb Biryani (Restaurant Style)
Lamb Breast in Aromatic Sauce
Lamb Curry
Lamb Curry
Lamb Curry with Winter Vegetables and Spinach
Lamb Dhansak
Lamb Dhansak (Restaurant Style)
Lamb Dupiaza (Restaurant Style)
Lamb Jalfrezi (Restaurant Style)
Lamb Madras
Lamb Offal Curry
Lamb Pasanda (Restaurant Style)

Lamb Rogan Josh (Restaurant Style)
Lamb Tarkari
Lamb Tikka (Restaurant Style)
Lamb With Cardamom
Lamb Yoghurt Curry
Laotian Curries
Laj Ntses
Laska
Lassi
Lassi Gulab
Le Rougail de Chèvre
Leechi ki Barafchuski
Left-over Game Curry
Leftovers Jalfrezi with Gravy
Lemon Sherbet
Lemon Sour Pickle
Lemongrass Curry
Lentil Curry
Lentil Curry with Rhubarb and Sweet Potatoes
Lentil Or Potato Tempering
Liberian Jollof Rice
Liquorice Rice
Lobia
Lobster Molee
Loochees
Luchi
Lychee Ice Lolly

M

Machhli ka Bhunja
Machhli ka Salna
Machli aur Tamatar
Madras Curry Paste
Madras Curry Powder
Madras-style Leftovers Curry
Magaj
Maharagwe
Maharashtrian Masala Bhat
Makai Bharta
Makhan Chicken (Restaurant Style)
Makhan Murgh Wala
Makher Taukari

Makhni Curry Sauce
Mal Pua
Malai Kulfi
Malawi Curry Powder
Malay Chicken Kurma
Malay Gravy Chicken Curry with White Pumpkin
Malaysian Beef Rendang
Malaysian Beriani
Malaysian Curries
Malaysian Fish Curry
Malu Abulthiyal
Mandas of Cucumber
Mandas of Red Pumpkin
Mandioca com Miudezas
Mango and Mint Chutney
Mango Atjar
Mango Ice Cream
Mango Lassi
Mango Sherbet
Mango Sharbat
Mani
Masak Lemak
Masala Raita
Masala Soda
Masaledaar Bakre ki Kaleji Gurda Phepsa
Masaaledaar Pudine wal Quimah
Masoor Daal
Masoor Dal
Masoor Dal Churchuree
Massaman Nuea
Mattar Panir
Mawa Peda
Mchuzi wa Biringani
Mchuzi wa Kamba
M'Chuzi wa Nyama
Meat and Fish Tempering
Meat and Potato Curry
Meat-based Curries
Meatball Curry
Meen Molee
Meen Vevichathu
Melon-skin Fries

Methi Chicken
Methi Kalia
Mild Green Calcutta Curry
Milk Cake
Mince Curry with Peas
Mince Puffs
Minced Lamb with Mint and Spices
Mint Chutney
Mint-leaf Chutney
Mirch ki Dhuan-dhar Chatni
Mixed Vegetable Curry
Moong
Motor Chaat
Mughlai Lamb Biriani
Mughlai-style Tandoori Chicken
Muland Saangi Ambat
Malaysian Kurma Powder
Masala Meusi
Masalas
Massaman Curry Paste
Mesir W'et
Minced Chicken Tshoem
Modern British Curries
Monkfish Curry with Lime
Mooglai Tandoori Marinade
Mozambican Crab Curry
Mr Arnott's Currie
Mrs Beeton's Indian Curry-Powder
Mtuza wa Samaki
Mullangi Sambar
Mulligatawny Soup
Mulligatawny Soup (Anglo-Indian)
Mulligatawny Soup (Historic)
Mulligatawney Soup
Mung Bean Bhaji
Mung Beans
Mung Dhal
Murga aur Kanguchi
Murgh Rasedaar
Mushroom and Potato Curry
Mushroom Curry
Mushrooms Pilaf

Mustard Greens and Spinach Curry
Mutter Curry
Mutter Pilau
Mutton Curry (Cape Malay)
Mutton Curry with Potatoes
Mutton or Goat Curry
Myanmar Beef Curry
Myanmar Curries
Mysore Bonda

N

Naga Curry
Nam Prik Pow
Nam Ya Curry Paste
Nasi Goreng
Navartan Pulao
Nawabi Curry
Nepalese Curries
Nepalese Meat Masala
Nepalese Mustard Greens Bhutuwa
Nepalese Potato Curry
Nethili Meen Fry
New Potato Curry
Nga Tha Lout Paung
Nigerian Groundnut Soup
Noodle Curry Paste
Northern Thai Pork and Ki Lek Curry with Fingerroot
Nuts, Seeds and Tree Sap Fudge
Nuts, Seeds and Tree Sap Snack

O

Oat Mittai with Fruit and Nuts
Olive Pickle
Onion Bean Dip
Onion Bhaji
Onion Kochumber
Onion Soup
Opor Ayam
Orange Juice and Mint Sharbat
Origins and Spread of Curries
Ottogi Curry
Ottogi Karē

Ox-heart Black Curry

P

Pakistani Tamarind Chutney
Pakoray
Palak Ka Soup
Palak Panir
Palak Tambli
Palaver Chicken
Palya
Panang Curry
Panang Red Curry Paste
Panch Phoron
Paneer Cheese
Paneer Makhani
Paneer Maza
Paneer Shabnam
Panjeeri
Papaya Curry
Papeeta Kari
Paratha
Parotta
Parsi-style Brown Rice
Parthade Curry
Pea Curry
Perfect Steamed Rice
Peri Peri Sauce
Phirni
Phoulourie
Phulagobhi Achari
Pickle Masala Powder
Pickled Fish
Pilau Masala Powder
Pilau Rice
Pineapple Aabshola
Pineapple Prawn Curry
Pineapple Pudding
Pineapple Rasmalai
Pineapple Sherbet
Pish-Pash
Pista Kulfi
Pistachio Ice Cream

Plain Boiled Rice: Oven Method
Plain Lassi
Plain Naan Bread
Plum Sharbat
Podina Chutney
Poha
Pomegranate-flavoured Prawns
Poori
Popadoms
Poppadoms
Pork Korma
Potato and Cauliflower Stew
Potato Badun
Potato Bhurta
Potato Chip Curry
Potato Curry
Potato Fritters
Potato Masala
Potato Sabzi Curry
Potato Sambal
Potato Wedges with Curry Sauce
Potatoes with Peas
Poudre de Colombo
Poulet à L'Indienne
Poulet au Curry Réunionaise
Powder Fort
Prawn and Mango Curry
Prawn Bafat
Prawn Biryani (Restaurant Style)
Prawn Curry
Prawn Curry 2
Prawn Curry, Parsi Style
Prawn Kofta Curry
Prawn Pasanda (Restaurant Style)
Prawn Patia
Prawn Pilau
Prawn Rice
Pressed Rice
Pressure Cooker Chicken Korma
Pressure Cooker Dhal
Pressure Cooker Vegetable and Coconut Curry
Prune Chutney

Pudda
Puli Pithe
Pumpkin Chakee
Pumpkin Curry
Puran Poli
Puri
Pyaz Bhajia
Pyaaz ka Soup

Q

Quima Bhari Mirch

R

Radish Pod Gravy
Rajmah Curry
Rajmah Curry Blend
Ras el hanout
Ras Gulla
Ras Malai
Rasam Powder
Rasbhari Aur Khubaani Ki Kulfi
Raspberry and Peaches Ice Cream
Red Bell Peppers Stuffed with Spicy Minced Lamb
Red Cauliflower Pickle
Red Chicken Stew
Red Curry Cambogee with Meat
Red Curry Chicken
Red Curry with Catfish
Red Lentil Stew
Red Lentils
Red Rice Rava Kheer
Red Saag and Omra
Relishes, Pickles and Chutneys
Rendang Daging
Reshmi Gosht
Restaurant Curry Sauce
Restaurant-style Curries
Restaurant-style Naan Bread
Restaurant-style Pork Vindalooo
Restaurant Tandoori Marinade
Reunion Chicken Curry
Reunion Masala Powder

Reunionaise Fish Curry
Rezala
Rice and Fish
Rice and Lentil Crêpes
Rice and Lentil Kedgeree
Rice and Peas
Rice Koftas
Rice Kulfi
Rice Sweet Dish
Rooh Afza
Rose Lassi
Rose Petal and Pomegranate Sherbet
Rose Petal Sharbat
Rose Syrup Lassi
Rose Water Tonic
Roti
Roti Jala
Royal Beef Biryani

S

Saag Aloo
Saak-er Ghanto
Sabat Moong Bhajji
Sabji Pakore
Sabzi Kari
Saffron and Nut Ice Cream
Saffron Lassi
Saffron Rice
Salmon Curry
Salmon Kalia in Panch Phoron Sauce
Salted Lime Curry
Salted Pooris
Saltfish Ballychow
Salty Panna
Sambal Belacan
Sambhar
Sambhar Masala
Samish Mirchi Soup
Samp and Beans with Potatoes
Samusas
Sancocho
Santra Pudina ka Sharbat

Sarson ka Saag
Sarson Saag Gosht
Sathe Curry
Sattu
Savoury Cream of Wheat Porridge
Sbiaat
Sea-fish Pickle
Seafood-based Curries
Seam, Potato, and Peas Chahkee
Seengre ke Satha Tori Kari
Semolina Halva
Semolina Halwah
Semolina Porridge
Serpathala
Seychelles Curry Paste
Shahi Chicken Korma
Shalgham Korma
Shallow-fried Bread with Egg Filling
Shanker Pali
Sharbat Gulab
Sharbat Gurhal
Sheikh Mahshi
Shellfish Temperade
Shemai
Shichimi Togarashi
Shin Ngoa Lap
Shredded Kale with Coconut
Shrikhand
Shukto
Si Byan
Singaras
Sichuan Chilli Sauce
Skate Curry
Sliced Hilsa Fish Fried in Curry Condiments
Snacks and Savouries
Soft Idly
Solachi Kadhi
Somlar Mochu Sachko
Soojee Hulva
Soojee Luddoo
Sorpotel
Soups

Sour Beef Stew
Sour Fish Curry
Sour Milk
South African Curries
South African Curried Beef Gratin
South African Curry Powder
South African Lamb Curry
South African Lamb Pilaff
South African Malay Curry
South Asian Curries
Southeast Asian Curries
Special Curry Powder
Spice Blends
Spiced Basmati Rice
Spiced Buttermilk
Spiced Lima Beans with Garlic and Coconut
Spiced Mango Sherbet
Spiced Red Beans in Coconut Milk
Spicy and Hot Simmered Fish Fillet
Spicy Beef
Spicy Beef Stew
Spicy Fenugreek Meat
Spicy Mashed Aubergine Relish
Spicy Mashed Aubergines
Spicy Mashed Chicken
Spicy Mashed Herring
Spicy Mashed Potatoes
Spicy Mashed Sweetcorn
Spicy Mashed Tomatoes
Spicy Maharashtrian Rice
Spicy Okra
Spicy Pepper Soup
Spinach and Bell Pepper Smoothie
Spinach Soup
Spinach Tambli
Split Orange Lentils
Sri Lankan Chicken Curry
Sri Lankan Crab Curry
Sri Lankan Curried Okra
Sri Lankan Fish Curry
Sri Lankan Sinhalese Fragrant Masala Spice Powder
Starters

Steamed Serpent Head Fish Curry with Indian Mulberry Leaf
Stir-fried Potatoes with Spinach
Strawberry Firni
Strawberry Jujubes
Stuffed Aubergines
Stuffed Bell Pepper Curry
Stuffed Bell Pepper Pickle
Sugar Bean Curry
Suji Ka Halva
Surmai Fish
Sweet and Hot Vegetable Curry
Sweet Boondi
Sweet Coconut Balls
Sweet Fritters
Sweet Lassi
Sweet Lime Chutney
Sweet Mango Chutney
Sweet Panna
Sweet Rice Pudding
Sweet Sattu
Sweet Vermicelli
Sweet Yoghurt with Saffron

T

Tamarind Chutney
Tamarind Fish Relish
Tamarind Paste
Tamarind Pulp Chutney
Tamarind Sauce Chutney
Tamatar Bharta
Tamatar Ka Soup
Tamatar Kari
Tandoori Chicken
Tandoori Chicken, Mughlai-style
Tandoori Chicken (Restaurant Style)
Tandoori Fish (Restaurant Style)
Tandoori King Prawns (Restaurant Style)
Tandoori Marinade (Restaurant Style)
Tandoori Masala
Tanzanian Aubergine Curry
Tanzanian Curried Beef
Tanzanian Vegetable Rice

Tarka Dal
Tarka Dal (Restaurant Style)
Tetuler Chatni
Thai Curries
Thai Green Curry Paste
Thai Green Curry of Prawn and Fish
Thai Mango Fish Curry
Thai Red Curry Paste
Thai Sour Curry
Thai-style Curry Powder
Thai Yellow Curry Paste
THE INDIAN COOKERY BOOK
Thepla
Tikka Boti
Tomato and Beef Curry
To Make Currey the Indian Way
Tomato Curry
Tomato Kasoundi
Tomato Keema
Tomato Rice
Tomato Soup
Tooka
Traditional Spice Blends
Traditional Curry Blends
Traditional Curry Pastes
Trini Curried Pork
Trini Curried Shrimp Patty
Trini Curried Soup
Trini Plantain Curry
Trinidad Rice with Curried Vegetables
Trinidadian Chicken Curry
Trinidadian Hot Pepper Sauce
Trinidadian Roti
Turbot in Kerala Red Curry Sauce
Tuna Curry
Turkey Leftovers Curry
Turnip Curry
Tusha Halwa

U

Udang Masak Lemak Nenas
Ukkarai

Umngqusho
Unakkameen Thenga Chammanthy
Upma
Upma Sooji
Urunda

V

Vadis
Vegetable Pakoras
Vegetable Pilau
Vegetable Samosas
Vegetarian Curries
Vegetarian Kibbeh
Vindaloo
Vietnamese Chicken Curry
Vietnamese Curries
Vietnamese Curry Powder
Vindaloo, Bangladeshi
Vindaloo, Chicken
Vindaloo Curry Paste
Vindaloo Curry Spice Powder
Vinde Audly
Vinthaleaux

W

Wali wa Nazi
West African Curries
West African Curry Powder
West Indian Pumpkin Curry
Wethani Kyet
White Radish Sambar
Whole Green Lentil Curry
Wot Kimem

X

Xacutti

Y

Yellow Curry With Chicken
Yellow Rice with Raisins
Yoghurt with Garlic

Yoghurt Sharbat
Young Milk Shark Curry

Z

Zafrani Sherbet
Zanzibar Prawn Curry
Zarda
Zedoary Pickle
Zedoary Soup

About the Author

Dyfed Lloyd Evans is an author, a Celticist and a poet, with a love of anceint, traditional and wild food cookery. He publishes and produces the Celtnet Recipes website where you can find over 19 000 recipes from a range of historical periods and many countries across the globe. His current project includes the digitization of a range of important early cookery works, of which a number of recipes are found in this volume.

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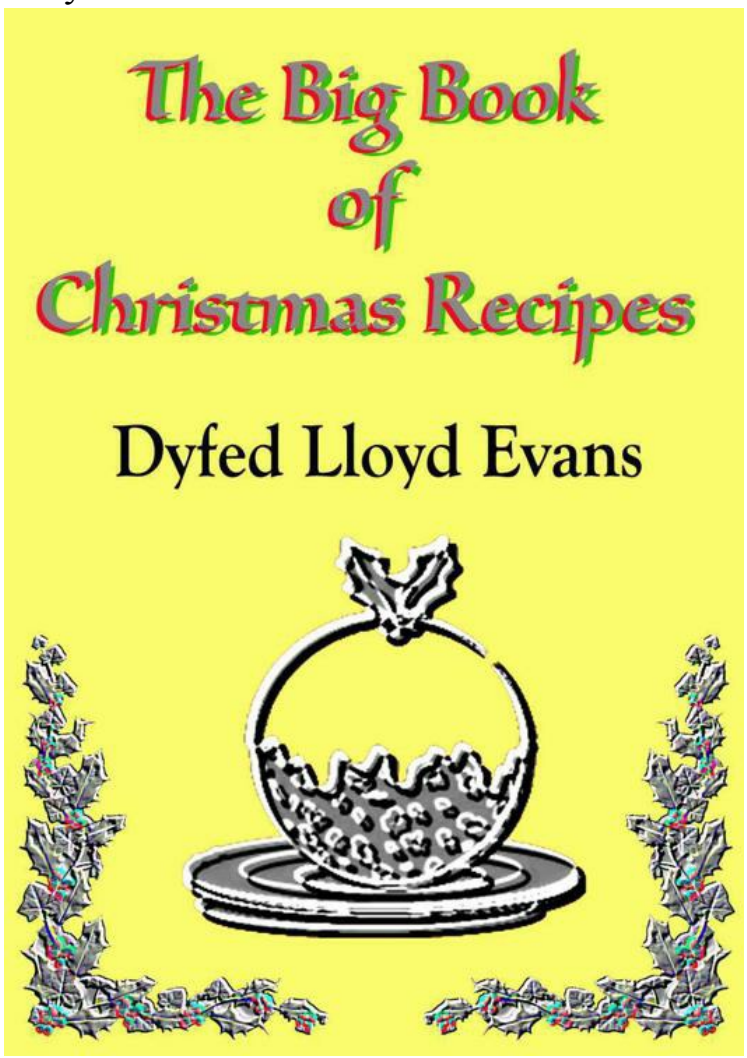
Dyfed's Other Books

Dyfed is an Author and you can find his other works on Amazon:



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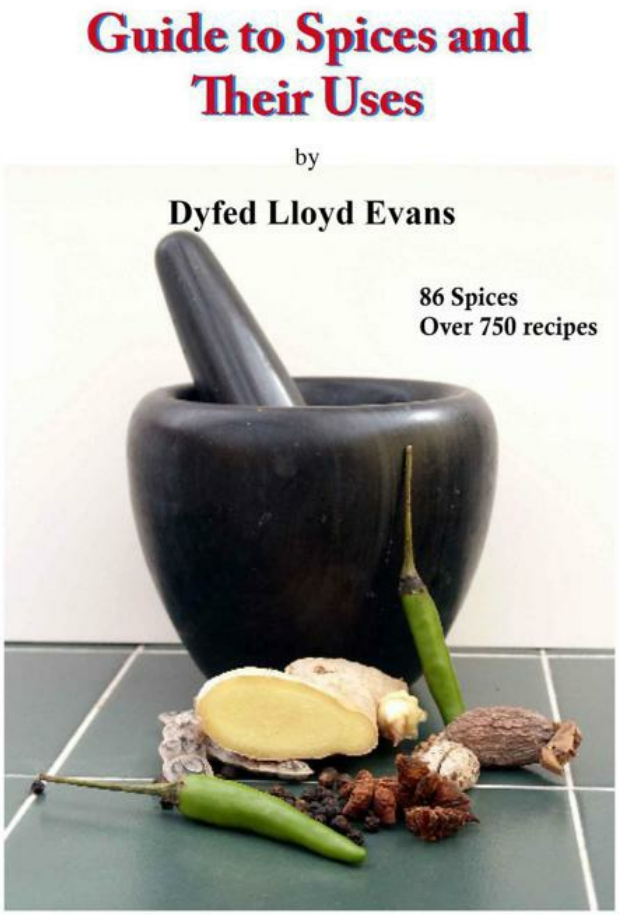

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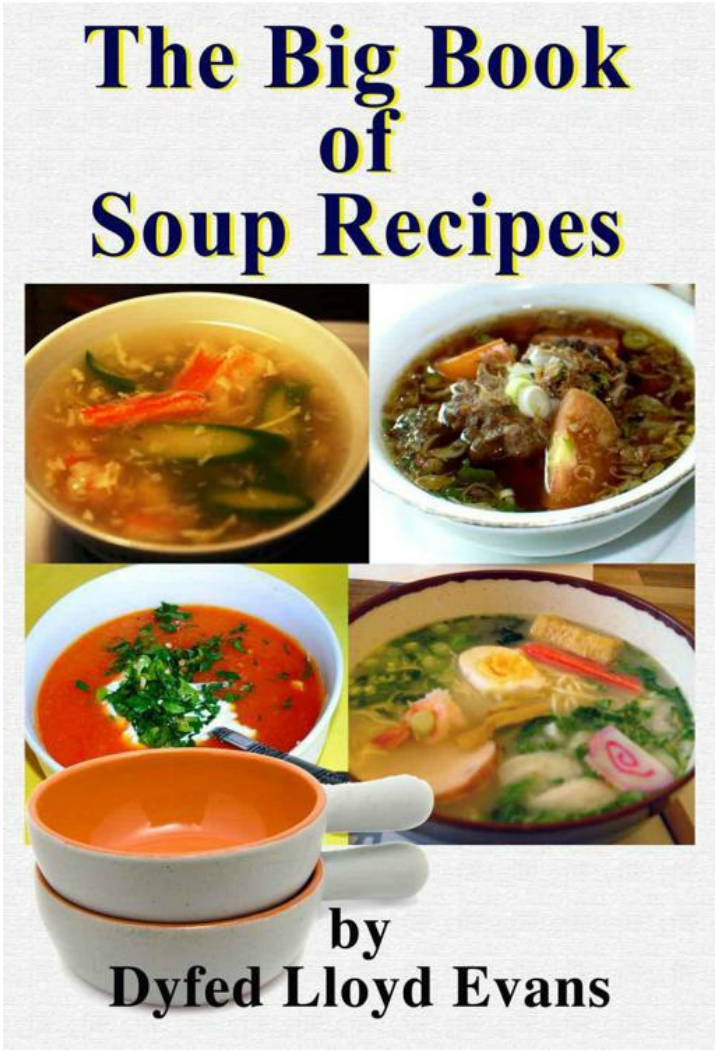

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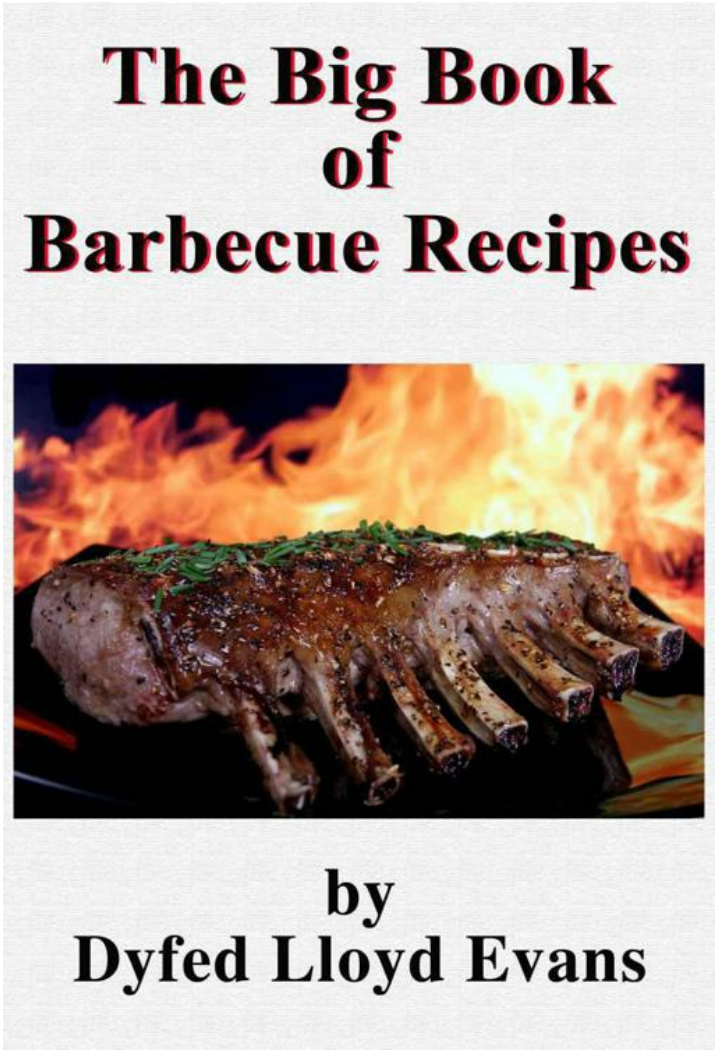

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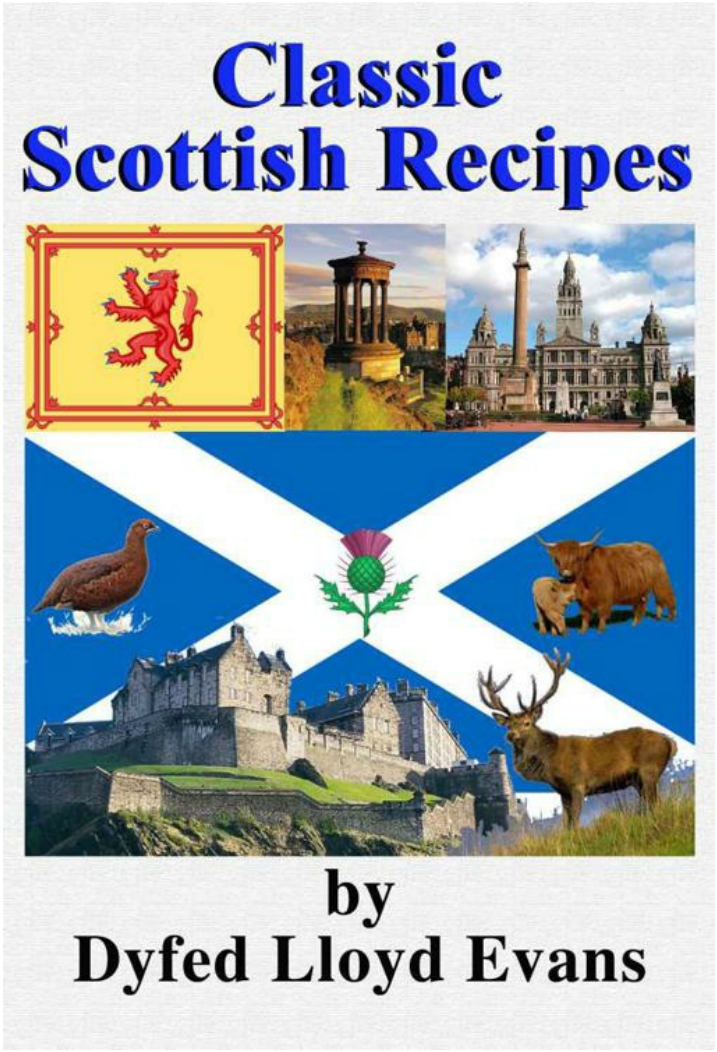

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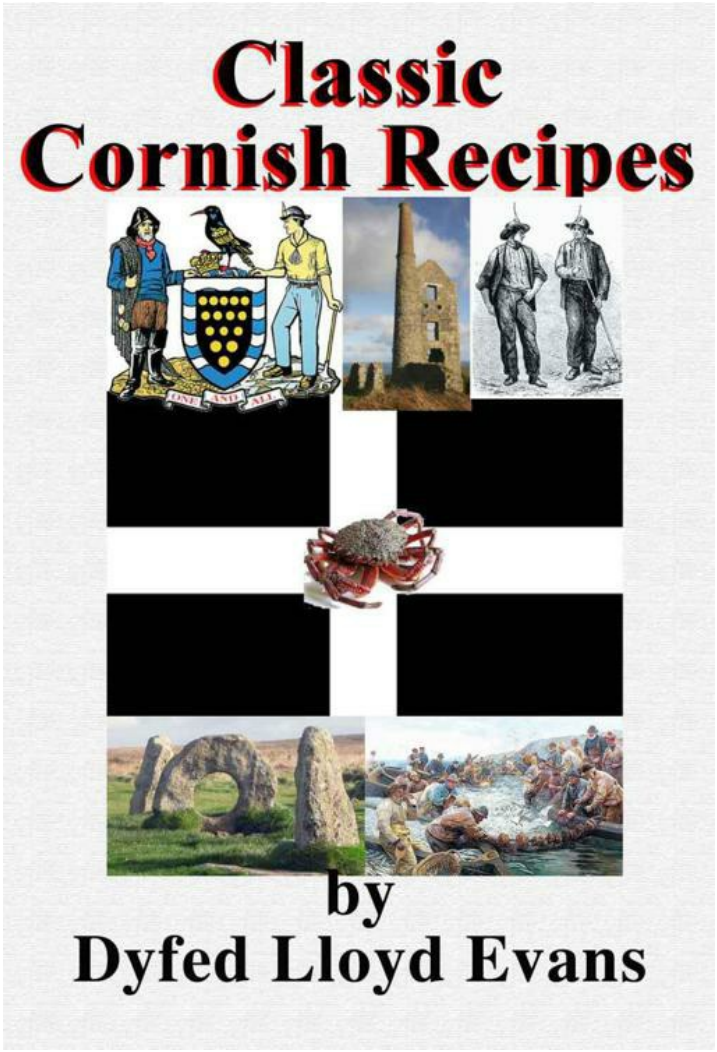

Classic Cornish Recipes takes you through over 300 classic Cornish recipes. These are traditional Cornish recipes taken through Cornish history. Here you will find classic recipes for every meal, as well as a comparison of that Cornish classic, the pasty, as it's made around the world. Everything from Cornish pasty, through Stargazy pie to splits, clotted cream and tea cakes. But as well as the traditional there are also modern Cornish recipes from the new wave of Cornish cookery.
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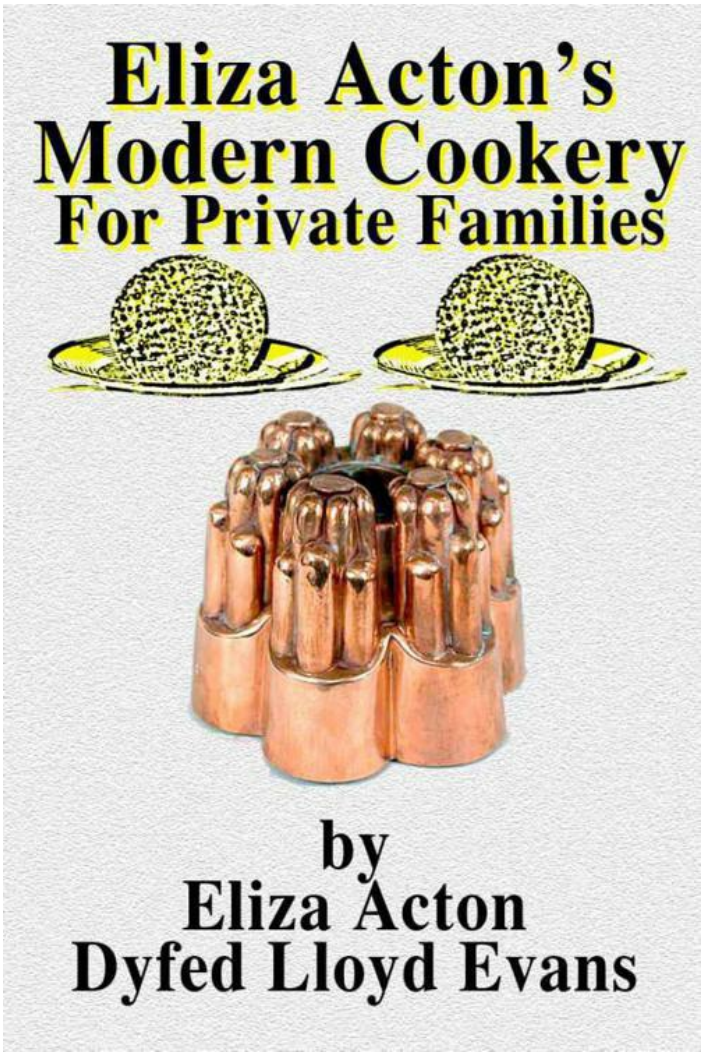

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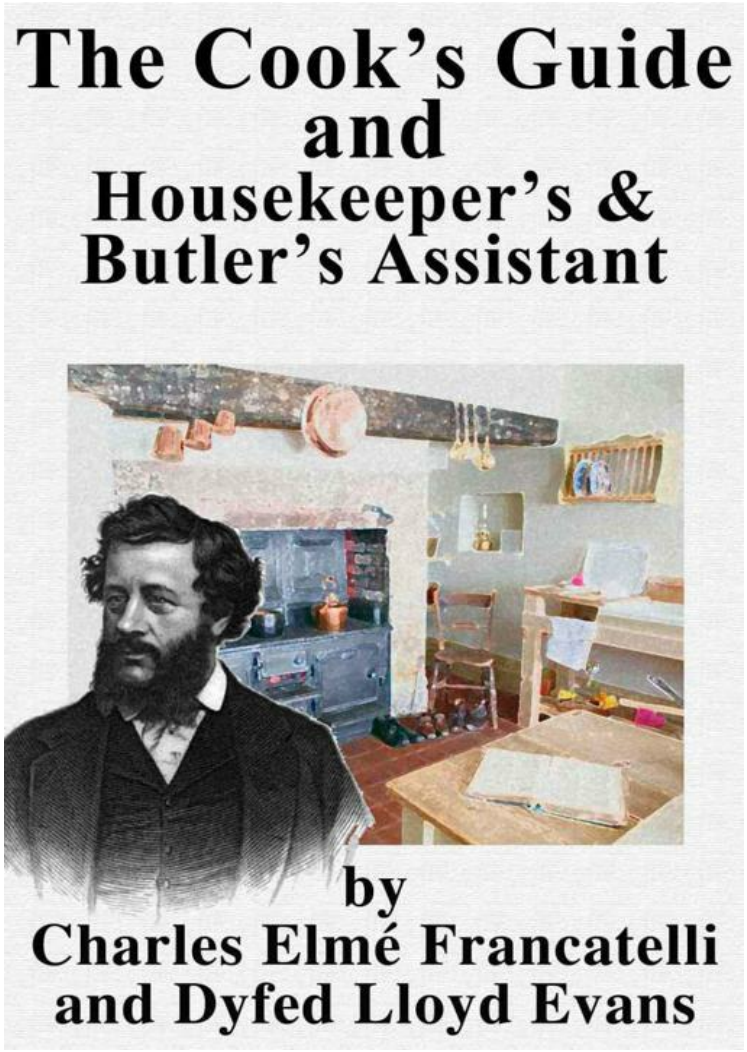

Charles Elmé Francatelli's **The Cook's Guide**. Charles Francatelli was the premier chef of the mid 19th Century. He is the chef that those who re-construct Victorian recipes turn to first. Here the complete text of his 1860 book, the Cook's Guide is presented in its entirety in digital form. As well as the book you get an introduction to Francatelli and modern versions of a number of his recipes that you can cook at home, and which help show you how to adapt Francatelli's recipes to your own cooking. Francatelli is the forgotten celebrity chef... discover why he was so famous in his own time and why he should be re-discovered today.
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by
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